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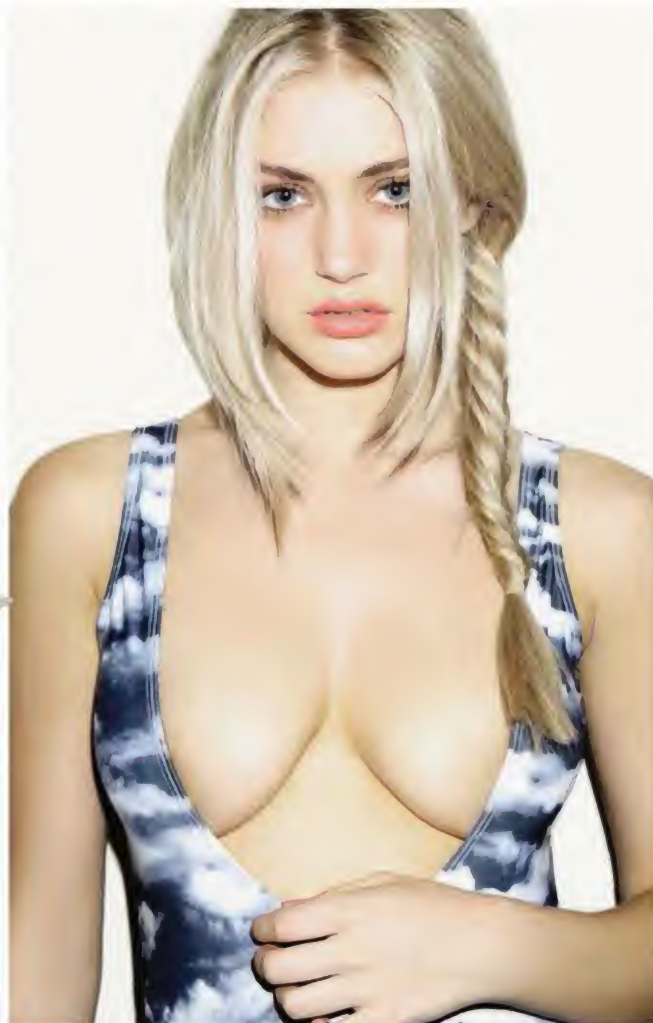
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88 Fifty Shades of Grey: An A-Z guide!

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WELCOME!

EDITOR'S LETTER

I think I was about 12, and well past the "girls are icky" phase and totally in love. Obsessed even. I had posters of her on my ceiling (really, ceiling, not wall) and I had the cassette of the *Grease* soundtrack on high rotation on my ghetto blaster. The object of my lust? Olivia frikkin' Newton-John! You will find her, on page 38 amidst *FHM*'s pick of the hottest babes ever to grace our planet (well, since photography was invented). Olivia was first on this list (I insisted!), despite cries of derision from my peeps here at *FHM* HQ. The sight of her in roller skates still gets me all teenagey and hormonal. Next on the list was delightfully bouncy Kate Upton... from there the debate raged! It took us about two weeks to agree



on the final 50 and about three months to track down the hottest pics of these beauties we could find, but it was worth it. We hope you'll enjoy this special issue as much as we did putting it together. Right, I'm off to watch *Grease* for the 15th time. It's been too long.

Brendan

A SHOUT-OUT FROM *FHM* FASHION EDITOR, CRAZY CRYSTAL BIRCH!



'Tis the season to be daring! A major trend for Spring/Summer 2012/2013 is neon teamed with neutrals, and you'll find plenty of bold inspiration on the pages of this year's *Collections* issue (turn to page 95 now!). Whether you're a relaxed rocker, a seasoned skater or a glorious geek, we've found tons of products and key pieces to compliment your individual style this season. We zoom right in on sneakers, featuring a huge range of the funkiest footwear for every style! Warm spring wishes.

Crystal

FHM

IS BROUGHT TO YOU BY...

OCTOBER'S QUESTION: WHAT'S YOUR MOST MEMORABLE ONLINE INCIDENT?

EDITORIAL

Editor Brendan Cooper 021 408 3999 Told wife I was working. Then Instagram-ed a pic of myself in a bar. Got an SMS, "Come. Home. Now."
Assistant Editor Louis Raubenheimer 021 408 1252 An online date that turned out to be an ex.
Copy Editor Lee-Anne Spurdens 021 408 1282 Making a spelling error in a status update.
Editorial assistant Montle Moorosi 021 408 3800 Stalking someone on Facebook and making them fall in love with me... we're still together!
Art Director Karmen van Rensburg 021 443 9820 My digital blunders are mostly due to my being technically challenged!
Senior Designer Robin Verhoog 021 408 1292 Not knowing how to clear my internet history and having my dad stumble across my unique taste in porn.
Online and Multimedia Manager Steve Blues 021 408 1277 That's classified according to at least 14 international treaties!
Fashion Editor Crystal Birch I unknowingly sent a famous New York photographer a link to a German porn site instead of a link to my portfolio... I never heard from him.
Production Manager Kerry Nash 021 408 3865
Contributors (words) Steve Slotow, Gavin Williams, Leigh van den Berg, Gordon Laws, Chris Hughes, Rael Futerma, James Francis
(photography & illustrations) Kristin-Lee Moolman, Riana Vogel, Karen Lilje, Sean Robertson, Dylan Culhane, James Garaghty, Jeremy Nel

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PERONI

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OF THE
MONTH!



ROCKING THE KOPPI!

Doing it in style at OppiKoppi 2012! See you next year!

Stifler



HELLO FHM TEAM!

Some buddies and I enjoyed some delicious punch while enjoying the FHM 100 Sexiest Women in the World issue!

Anonymous



WRITE TO US AND WIN!

Send us a letter with a great pic and if it wins "Reader of the Month" we'll send you an awesome Cutty Sark hamper valued at R3 000! Includes Cutty Sark blended scotch whisky, flip flops, a hoodie, T-shirts, ice bucket and cellphone covers! Email letters@fhm.co.za or post letters to Box 785266, Sandton, 2146.



RADIO HEAD!

Check out this dude's car aerial! This guy picks up radio signal before anybody else!

Corniel Lubbe



LET IT SNOW!

I guess the Castle ad on TV was true! My issues of FHM and I making it snow in Jozi!

Tasché Kondiah



CHANGE IS GOOD

I have been buying FHM for a number of years now and have always looked forward to my next issue. But in all honesty, this is the last time I'll be spending money on this mag. All the interesting reading material seems to have been forgotten, like "True Confessions", all the jokes, not to mention the sexy Coralie advice. Sorry guys, no more!

Pieter

Now, now Pieter, let's not be hasty. We have made some changes to the mag of late because we felt it was time for FHM to evolve into an even better read. A few issues in, we have sorted out a new sex advisor... the very lovely Lucy Collett, pictured above, and star of last month's "Great Sexy Moments in Life" (Hot Girl on a Bike). We're confident she will make an excellent new sex columnist. Also look out for a new jokes page called "Sexy Babe Tells FHM a Joke". We take our readers' feedback seriously and are constantly seeking to make you all happy. Give us a shot next month!

THE WELKOM KILLER

I just read the "Monster of Welkom" story in your September issue, and I can relate to how Chane van Heerden felt. I also used to cut myself. She needs people to be there for her. Do you have an address I can reach her at?

Anonymous

Sorry Anonymous, but frankly wanting to contact a killer who skinned a dude's face is just plain freaky.



BRANDY CHAMPION!

NEW SA BRANDY MOVER AND SHAKER SHARES THE SPIRIT!

FHM and the SA Brandy Foundation shook up the cocktail circuit until we found the coolest cocktail in all the land, a spirited drink that showcases brandy's funky and modern edge.

Drum roll! We're super honoured to introduce you to mix maestro Eugene Thompson from Jo'burg, the 2012 *FHM* brandy cocktail champion. Eugene channelled his inner brandy ninja, pulling no punches to invent Fynbos, a brandy-based cocktail. Here he passes on his easy-does-it, fuss-free recipe so you can shake, strain and share the spirit of South African brandy with your mates. Fynbos has a brandy base with rooibos tea and honey, and sports ginger liqueur, a flavour that's all the rage on the cocktail scene.

Not only did Eugene win bragging rights as the creator of this new brandy classic-in-the-making, he was also flown to Cape Town for his very own *FHM* shoot with blazing babes Gugz, Chelsea and Lynne! Guaranteed to impress, Fynbos had them hanging on the cocktail champion's every word.

Eugene also took home prizes worth an amazing R60 000! He became the proud owner of an impressive SA Brandy collection, the kind that would normally take seasoned collectors years to build up! This collection includes 11 Worldwide Best Brandy award winners, five international gold winners and 15 blended brandies, along with a fantastic collection of elegant, edgy and original men's wear by Jo'burg designer, Roman Handt. We reckon Eugene is in for some fun times!

FYNBOS

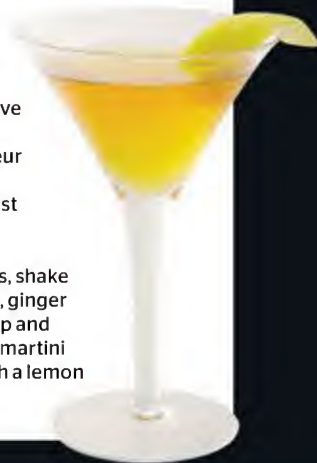
Glass Martini

Ingredients

50ml South African brandy
50ml Rooibos tea
25ml sugar syrup
(Mix 1 part boiling water and 2 parts sugar, stir to dissolve and let it cool.)
12,5ml ginger liqueur
1 teaspoon honey
Garnish: lemon twist

Method

Chill a martini glass, shake rooibos tea, honey, ginger liqueur, sugar syrup and brandy, strain into martini glass, finish off with a lemon twist on top.





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IT STARTED WITH A PARTY



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**GIRLS OF
FHM**

MUSIC VIDEO GODDESS!

Say a big “qalaysiz!” (that’s “hello” in Uzbek) to the very hot girl who’s making a name for herself in dance music meister Taio Cruz’s latest vids ➤

WORDS: DAN MASOLIVER
PHOTOGRAPHY: ZOE MCCONNELL

SHES
ACC



**“I’m a bar girl
myself... I love
all types of beer”**



We like Taio Cruz. Not because of his catchy dance floor anthems, and not because he's just a regular guy who's made it big and got a handful of awards and number one singles to show for it. No, no, we like Mr Cruz because not once, but exactly twice, he has cast Uzbek uber-babe Nadya Nepomnyashaya (trying saying that with a mouth full of biltong) as the female lead in his sexy music videos.

First we saw her as a sassy seductress in the video for *Break Your Heart*, dancing with girls and generally gyrating in not much clothing. And now, thank you, Taio, she's back in the video for new track *There She Goes*, where she can be seen riding a horse, showing a generous amount of side boob and generally gyrating in not much clothing. *FHM* caught up with Uzbekistan's hottest export and asked her some very important questions.

Well hi, Nadya! Are all Uzbek girls as pretty as you?

The country's full of diverse, beautiful people. So yes, the girls are really pretty!

Right, we've booked our flights. Um, what's it like?

Uzbekistan is a beautiful country with a rich culture and very mixed population. It was part of the Soviet Union before, and it's a Muslim country, but it's very friendly and everyone respects all different religions.

Does it have much in common with Borat's motherland, Kazakhstan?

We don't bring cows into our homes! Actually all the "-stan" countries are very different from each other. At least Borat shone a light on that part of the world, so people, even if they don't know Uzbekistan, are like, "Ohh, but it's next to Kazakhstan, right?"

Where do you call home these days?

I've been living in England for three and a half years now. I live in Hampstead in North London, I really like the area, it's like something out of *Dracula*.

Spooky! But there must be a lot of fun to be had in your neighbourhood?

Yes there is! There are lots of great bars. I'm a bar girl myself. >



“I think side boob is pretty sexy”

No way! We love spending time in bars too. What's your poison?

I like light beers, but I love all beer.

But the music videos you're in are all fancy clubs and bubbly booze...

I like to go out and have fun from time to time, but I prefer quality time to spraying Champagne into a crowd!

Tell us about working with Talo Cruz.

He's a proper English gentleman. I work with people who can be a bit cocky, but Taio has never been inappropriate. He really knows how to behave himself around a lady.

Other than politeness and all that, what does it take to impress you?

I like it when guys have a great sense of humour and can make me laugh, and I like confident guys. What really impresses me is a guy who can express himself through dance, or musically by playing an instrument. That just makes me melt.

What's the best date you've ever been taken on?

One guy found out that I love horses and took me to beautiful stables and we rode horses for like two hours! After that we had lunch, so it wasn't like a typical dinner date. It was very thoughtful, taking me to the countryside; I simply love the countryside.

So what happened to him, then?

Oh, it just didn't work out I guess...

Glad to hear it! You were in the music video for Talo Cruz's *Break Your Heart*.

Do you make a habit of breaking hearts?

Yes, but it's not intentional! It's more like hearts get broken. My relationships tend to be quite intense from the start, and I guess some guys fall in love.

In your latest video, for Talo's *There She Goes*, you show a commendable amount of side boob. Would you say it's your favourite boob part?

I like side boob, I think it's pretty sexy. I'm not sure about cleavage, when you talk to someone it's in your face. Side boob is best when you're wearing a loose top. You're talking to a girl, she turns, and you notice it. ★

VITALS

BORN: TASHKENT, UZBEKISTAN

**LIVES: NORTH LONDON
LOVES: HORSE RIDING, PIANO, JAZZ**

J U D G M E N T I S C O M I N G



DREDD

3D

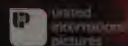
RELIANCE ENTERTAINMENT PRESENTS IN ASSOCIATION WITH IM GLOBAL A DNA FILMS PRODUCTION KARL URBAN "DREDD" OLIVIA THURBY WOOD HARRIS AND LENA HEADEY
CASTING BY DUNTON DOUGLAS KATE DOWD SARAH HALEY FRANK MUSIC BY JON THUM COSTUME DESIGNER GLENN FREEMANTLE EDITOR MEGAN TANNER EXECUTIVE PRODUCERS MICHAEL O'CONNOR DIANA COLLIER PRODUCED BY PAUL LEONARD-MORGAN
SCREENPLAY BY MARK ECKERSLEY DIRECTOR OF PHOTOGRAPHY MARK DUBOY EXECUTIVE PRODUCERS ANTHONY DODD MANVILLE BASED UPON THE CHARACTER CREATED BY JOANNE SMITH AND DEVELOPED BY MICHAEL ELLSON PRODUCED BY DEEPAK NAYAR STUART FORD ADI SHANKAR
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SONIC BOOM!

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ENTERTAIN YOUR BRAIN

Seven sterling things to keep you amused in October!

MOVIE



KILLING THEM SOFTLY

What is it? A black comedy thriller loosely based on bestselling author George V. Higgins' 1974 novel, *Cogan's Trade*. Directed by Andrew Dominik (*Chopper* and *The Assassination of Jesse James by The Coward Robert Ford*), this crime caper follows professional tough guy Jackie Cogan (Brad Pitt), as he chases three not-so-clever criminals who've robbed a high-stakes underground poker game funded with mob money. The mobsters want their

money back, and they want the robbers to learn a lesson. Cogan and fellow enforcer, Mickey (James Gandolfini), are the men for the job. **Why should I see it?** Along with Pitt and Gandolfini, the stellar line-up includes Ray Liotta, Sam Shepard and Richard Jenkins, playing characters with names like Frankie, Jackie, Mickey, Markie and Johnny... need we say more? It was also up for an award at its premiere at the 2012 Cannes Film Festival. *On circuit from 17 October.*

ALBUM



HAEZER: THE WRONG KID DIED

What is it? The latest release by one of SA's top exports on the electronic dance scene. This is pure party music!

What's special about this guy? Haezer has been voted fourth best South African DJ by UK dance magazine *DJ* and will be returning to Europe in October to promote the album, and possibly film his first tour documentary. Haezer's recent trip to the UK saw him co-headlining his debut London performance alongside heavyweights Crookers and Alex Metric, hosted by The Playground and Mad Decent.

What's so amazing about the album? *The Wrong Kid Died* is a return to Haezer's bass-heavy electro genre, and a move away from overly-distorted synths. Collaborations with SA vocalists Tumi Molekane (Tumi and the Volume), Circe, Francois van Coke and Hunter Kennedy (Fokopolisiekar), Mike Zietsman of P.H. Fat and Evil Boy make this a must-listen!

FESTIVAL



ROCKING THE DAISIES

Where: Cloof Wine Estate, Darling, Western Cape

When: 4-7 October

What's is cost? R520 online, R600 if you buy at the gate.

Who's on the bill? A brilliant mix of international and local indie superstars: Bloc Party, Arno Cartsens, Jeremy Loops, Dub Incorporation (France), Koan Sound, Zaki Ibrahim, The Wormstorm Orchestra, Desmond and the Tutus and Black Handed Kites.

EVENT**STR.CRD**

Where? Maboneng Precinct, Jo'burg

When? 27-30 September

What's it cost? R120 from webtickets.co.za, R150 at gate

What's it about? Africa's leading annual youth culture event in fashion, music, graffiti, skate and dance. See the best in street couture!

**CD****CLUB CULTURE**

What is it? SA's favourite dance duo DJ Fresh and DJ Euphonik team up on this killer mix of international and local club hits.

Why should I listen? Local producers like Julian Gomes, DJ Mbuso and Mi Casa hold their own against global counterparts Kings of Tomorrow, Gregor Salto and Osunlade.

**MOBILE**

06

APPS OF THE MONTH!**Instapad (free, iTunes)**

A slick app to view optimised Instagram pics on your tablet, and make you hip and happening all over again. **go! Travel South Africa (available on iPad, Android and Google Play)** Plan a road-trip or check out points of interest in all nine provinces around the country!

PGA Tour HD (free, iTunes)

News, videos and leader boards, all beautifully displayed. If you're not a golfer you'll just have to wait until the other sports catch up!

Flick Soccer (free, iTunes)

Like any good time waster, it's simple enough to learn, but tough to master. And utterly addictive!

iA Writer (\$0,99, iTunes)

Crucial for anyone trying to make the adjustment from laptop to tablet. Once you've finished writing you can ship the text off to wherever you need it.

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<http://bit.ly/FHMFuelfriends>

Some the best bands you've never heard of, live versions by bands you have and why you should be listening!

Gotta Quirk

<http://bit.ly/FHMquirk> Daily snippets of tech, marketing and cool stuff from one of South Africa's leading digital marketing companies.

Daily Maverick

<http://bit.ly/FHMDailymaverick> No, not a daily dose of strippers, but a witty news round-up that'll keep your finger firmly on the pulse. Sign up for the newsletter that drops each morning.

Bangers and Nash

<http://bit.ly/FHMBangers> Cape Town blogger Dan Nash's mouthpiece provides a mix of the bands, events, brands and babes you need to keep on your radar.

This Is Now <http://bit.ly/FHMthisisnow>

An Instagram aggregator from cities around the world... you do realise this means you can see all the Instagram photos taken in Vegas at 3am?

STILL WORRIED ABOUT RED WINE AND CHICKEN?

Don't get your feathers ruffled. Shiraz loves roast chicken just as much as you do.



Tall Horse

A different take on wine.

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THE GRANDEST DADDY

We drive the BMW Gran Coupé 640d (with two extra doors).
By Gavin Williams

ENGINE: 2 993CC
OUTPUT: 230KW
TOP SPEED: 250KM/H
0 - 100: 5.4 SECONDS
THE TUNES: CHRIS REA!

Everyone has an opinion on BMWs. Even people who care more about what a celebrity's dog's name is than cars, will throw their five cents in about the famous Bavarian marque. Most opinions (including ours) are influenced by the stereotypical BMW driver: he's a businessman, he's got money, he wears Ray-Bans and Ted Lapidus aftershave, and he drives very, very fast. He's also an asshole, and it's exactly this ego that BMW have been playing straight into since the Eighties. BMW drivers drummed along to Chris Rea on the steering wheel, had affairs and invented power ties. Which is actually a bit sad, because BMWs are brilliant drivers' cars – something that

has mostly been overshadowed by the fact that assholes were actually doing all the driving.

Throughout the Eighties and Nineties, BMW continued on this path and everyone was happy. Down at the country club, the Merc guys were over there with their smug engineering knowledge and we-could-whip-you-in-a-straight-line-but-choose-not-to blazers sipping Grand Marnier, while the BMW guys were doing shots and a conga line over there. Audi were outside talking about skiing. Everyone had their place. But then someone messed it up. BMW suddenly started making ads showing old women laughing at the sky in convertibles. They started talking about joy. No! Joy is not for

you, BMW. You are iron-willed, irrational. Your drug of choice is firing people!

Combined with American Chris Bangle's controversial styling, BMW had lost their way. But they're back. Each new model has been more purposeful than the last, and the 6 Series Gran Coupé is the most beautiful of the lot. It's the epitome of what a big coupé should look like, while still fitting into yet another new category the Germans dreamt up: 4-door coupés. The first striking feature is how sleek it is. It has some of the old 850i about it, which is a very good thing. To accommodate the rear doors, the designers have shifted the B-pillar slightly forward so the seatbelt is mounted on the seat for easy access.

We recently drove the 650i Coupé, which flattened us it was so stupendously good, so we weren't expecting to get too excited by the 640 Diesel. But again, those engineers or warlocks or whoever they have working on these things in Bavaria, just refuse to accept the limits of science. It still bounds to 100 in 5.4 seconds and stops grudgingly at the gentlemen's agreement of 250km/h (so we've heard). This is everything a big Beemer should be, but we're still not sure why you'd choose it over the coupé! It doesn't seem to have any more legroom in the back, but good god, it's beautiful, especially in the launch colour of "Frozen Bronze". What a fun job that must be, coming up with names for car colours. No hang on, driving cars is better. ★



A male model with dark hair and a light beard is wearing dark aviator sunglasses and a black leather vest. A woman's hand with dark nail polish is resting on his chin. The background is a textured, light-colored wall. The word "GUESS" is printed in large, gold, serif capital letters across the bottom of the image.

GUESS

THUMB TRIBE!

Finger callouses, bed sores and fat guts. All true signs of a member of the thumb tribe. If you're thinking of taking your gaming acumen to the next level, here's what you're going to need to get there!



NINTENDO WII U

Nintendo make their play at the Christmas gaming market with a whole new experience! The Wii U is about the size of an iPad, has an 854 x 480 resolution, 6.2-inch portable screen that adds to what's happening on the main screen. The second screen is constantly connected to the Wii console, and brings new elements to the game you're playing. In-group games, one player will take on the Wii U and play a role only they can see and control on the Wii U Gamepad, while others compete against them on the divided big screen. Use with Nintendo Wii.

Available October/November, estimated price R2 800, nintendo.co.za

SANDISK EXTREME 3.0

Every real gamer sees the need for reliable, hassle-free backup, and there's nothing better on the market than the Sandisk Extreme 3.0. This USB drive is available as large as 64GB, and runs on USB 3.0 technology, pushing transfer speeds of up to 190MB per second. That's what they claim, but in reality, it's a lot quicker than that. Comes with 2GB of online backup via YuuWaa cloud storage as well. Use with all platforms.

R300, incredible.co.za



GIOTEK TX-2 THROAT MIC

Nothing says "hoorah" more than an authentic throat microphone. You can just picture yourself slowly emerging from mucky, tropical water with a clueless guard two-feet away, who's about to get a knife buried in his neck. Making use of voice-pattern technology actually used by the military, the Throat Mic works for lefties and righties and has ergonomically designed rubber ear cushions for precise in-ear fit. Use with Xbox 360. **R250, call 0861222989 for more info**



NINTENDO 3DS XL

Everything on the new Nintendo portable gamer has had a boost. The main screen grows by 90% from the last version, while the surface only gets a 46% increase, which means it's still small enough for your hand. The bigger size means more space for a battery, and that means more hours gaming in 3D on a 4GB SD card... so long 2GB! Use with Nintendo Wii.

R2350, dionwired.co.za



**GIOTEKEX-05 MILITARY
STYLE HEADSET**

The ultra-lightweight headband means this headset won't bother you at all in hour 10 of a marathon session. And just because it's wireless, doesn't mean there's any compromise on sound quality. Give this a go in *Battlefield 3*, and you can hear anything trying to sneak up on you from behind. Hardware includes 40mm stereo drivers, a noise-isolating microphone that eliminates echo and external noise and wireless broadcasting for up to 6m. Use with all platforms.

R850, call 0861222989 for info

**SONY PERSONAL
3D HEAD MOUNT**

Truly immerse yourself in the excessive use of gun powder in the next Michael Bay film by strapping on this personal head mount and putting your eyeballs close enough to the action to properly warm them up. The twin OLED HD screens beam the action towards you in 3D with virtual 5.1 surround sound headphones attached to make sure you're uninterrupted and alone in your enjoyment. Any HD signal is capable of being beamed through, and that includes the one from your PS3.

R9000, call 021 555 4933 for info

**HF-2 BLUETOOTH
CONTROLLER**

Team Xbox can now quit their whining about having to play FPS games on their friends' PS3s. This Bluetooth controller is made for the PS3, but mimics the control stance of the Xbox kidney remote. Bonus features include adjustable thumbstick sensitivity and the ability to flip the 1 and 2 triggers at the flick of a switch. Use with PS3. **R700, call 0861442 637 for info**

**NITHO DRIVEPRO V16**

If you own more than 20 games but only land up playing *Need for Speed*, then we've found your new best friend. The DrivePro V16 features incredibly responsive 270-degree steering with vibration feedback customisation from plug-in to checked flag. Included are a set of analogue pedals which grip to any surface and a console of fully programmable buttons with an LED accelerator bar. Use with PS3, PS2 and PC.

R936, hificorp.co.za



IS YOUR PENIS ON THE INTERWEB?

Between vengeful exes and prankster mates, your man bits are in more danger than ever of gaining unwanted global fame! Thankfully FHM and Professor of Social Responsibility, Andy Phippen, tell you what you need to know to stop your junk from going viral!



1 Night in Paris II
didn't have quite the
same global impact...

18/04/2012 01:37

SCENARIO ONE:**YOU'RE EXPOSED**

If you've ever sent rude pics to someone who later became a full-on psycho ex, one look at a site like isanyoneup.com will strike terror into your heart. It works like this: your ex steals your profile pic and posts it with those stiffy shots you once texted her, before adding a cheery caption ("Look at that tiny dick, he's an idiot and covered with diseases"). Oh dear, oh dear.

What can you do about it?

"Absolutely nothing, unless you're willing to file a costly law suit," says Professor Andy Phippen. "If the website falls outside of the country's jurisdiction, you've got little-to-no chance of getting the pics removed. My research has shown a huge rise in 'doxing' [the act of making a person's private info public]; it's becoming more mainstream, and is even used as a threat within relationships." So is there no way to guard against it? Not really, says Andy. "You could draw up some sort of contract before you start snapping, but they're often not legally binding."

SCENARIO TWO:**YOUR RUDE PICS GO ROUND THE OFFICE**

You thought it would be funny to send your colleague a shot of your balls. But he's gone and forwarded it around the office. Hysterical, right? Wrong. That move just got you fired. And that's if you're lucky...

What can you do about it?

"If it can be proved that you sent the images at work, you're open to a sexual harassment claim," says Andy. "Sharing X-rated material with your buddies is a completely different matter to sharing it in a work environment. The same goes for 'sexting' a colleague. You wouldn't walk

up to that person and get your penis out, so don't share inappropriate material with them. Companies are clamping down on this. They don't want expensive law suits and damage to the company reputation, so instead they opt for dismissal."

SCENARIO THREE:**YOUR FILTH-FILLED LAPTOP GOES A.W.O.L.**

There are some things on your laptop you really don't want people to see. Think of the Chinese airline pilot who lost his laptop last year, only to have naughty pictures of him and his cabin crew surface on the internet. Imagine your own laptop going walkies – what the hell would you do?

What can you do about it?

"Once it's out of your hands, you have lost control of that material," says Andy. "I'd recommend backing any sensitive information up on a hard drive, or using tracking software, so at least you can locate it if it's long gone."

SCENARIO FOUR:**YOUR PHONE GETS TRAWLED FOR XXX**

The dark and dingy corners of your phone are safe from prying eyes, right? Well, not in the hands of phone shop employees. In fact, Iowa phone shop worker Lisa Blazek quit her job because the customers' naughty pics and videos, which were constantly ogled by her colleagues, became "too much to bear" (her sexual harassment case is

currently going through the courts). Your phone isn't a secure hiding place for your DIY smut.

What can you do about it?

Phones just aren't safe, says Andy: "Keep any X-rated material on a home system, behind a password-protected log-in, or in a cloud-based and secure service, like Dropbox." This will stop pervy phone shop guy from doing any damage. "If you do have a messy break-up, you can easily change the password or remove your ex's file-sharing privileges," says Andy. "Of course, that doesn't prevent them from copying the files while you're together..." ★

FYI

"Sneaky hat" pics (in which breasts or genitals are covered by a hat) are now a full-blown online fad in Australia!

Keep X-rated material on a home system

THE BIG QUESTION:**ARE YOU INTO SEXY PIC TEXTING?**

We stopped some girls on the street to ask them if they're down with sending and receiving DIY smut



Only in a long-term relationship and only underwear pictures. Never naked, I wouldn't do that."

"I think it's okay! My boyfriend takes pics of me and we look at them together. It's really nice."

"I'd be a bit scared that, if anything happened, he'd use them for revenge. I'd also feel embarrassed sending them, to be honest."

"I've received them and then shown them to other people... which is why I'd never send them myself!"

"I don't really see the need. If my boyfriend wants to see me naked, he can come and visit me!"

"It's for teenagers! It's too embarrassing for me to take a naked picture and then send it to someone."

"If the right person asked, I'd definitely consider it."

"I definitely don't think you should... your partner can keep those pics and do anything they like with them!"

"The thing is, no one's privates really look very good on a crappy phone camera... I stick to sexy pics that don't involve fully exposing anything!"

**ALOOK
THROUGH THE
AGES AT THE
LOVELIEST
LADIES IN
HISTORY!**

50 HOTTEST WOMEN OF ALL TIME!

We have a tough job here at FHM, having to spend all our working hours thinking about gorgeous girls. The challenge this month: compiling a list of the 50 hottest women ever photographed! check out this smoking line-up!

MARLENE DIETRICH

Hottest moment Her rousing shows during World War II to the troops as a traveling frontline entertainer. Marlene, born German, became an American citizen in 1939 and was the pin-up girl for the Allied troops. Having started out as a stage and silent film star in the 1920s in Berlin, she shot to fame as courtesan Shanghai Lily in *Shanghai Express* (1932).

Fact The Nazi party offered Dietrich a lucrative contract to star in Nazi propaganda films, an offer she refused.



RITA HAYWORTH

Hottest moment Her title role in 1946 movie *Gilda*. There's a scene where she's introduced to some random black-and-white guy... she flips her head up, her glorious golden mane leading her head into the shot, makes eye contact with said man and pulls up her straps to cover her shoulder. The fact that it was shot almost 70 years ago is astounding.

Fact Jessica Rabbit from Disney's *Who Framed Roger Rabbit* (1988) performs *Why Don't You Do Right?* which is a parody of Hayworth's performance in *Gilda*.



JOSEPHINE BAKER

Hottest moment Any time she took to the stage! The original Dita von Teese was famous for showing lots of flesh in her provocative performances (one of her best known was called *The Banana Dance*).

Fact Known as "The Black Pearl", Baker made it big in the Roaring Twenties and continued to shake her tail feathers into the 30s and 40s, becoming a muse for the likes of Hemingway, Pablo Picasso and fashion designer Christian Dior.

ELIZABETH TAYLOR

Hottest moment Coming out of a swimming pool dressed in a leopard print swimming costume in the 1954 film *The Last Time I Saw Paris*. Saucy stuff for that era!

Fact Taylor appeared in her first motion picture at the age of nine in *There's One Born Every Minute* (1942).





Golden girl

GRACE KELLY

Hottest moment Her sexy and elegant night gown scene in Alfred Hitchcock's *Rear Window* in 1953 made her look like a gift sent from the gods.

Fact She married Rainier III, Prince of Monaco, to become Princess consort of Monaco, and today is still commonly referred to as Princess Grace.



AUDREY HEPBURN

Hottest moment: Appearing in *Breakfast at Tiffany's* (1961) in the role of Holly Golightly. When Hollywood bought the rights to Truman Capote's novella it was assumed that Marilyn Monroe was the only woman with enough oomph to play the role... they were wrong.

Fact: During World War 2, Hepburn gave secret ballet recitals in Nazi occupied Holland to raise funds for the Dutch resistance.

JAYNE MANSFIELD

Hottest moment Being the first Hollywood star to get her boobies out in a regular film... the original blonde bombshell made history by going topless in *Promises, Promises* (1963).

Fact Along with a string of movie credits (including *Too Hot to Handle*, 1960), Mansfield was Playmate of the Month ("Valentine Vixen") in the February 1955 issue of *Playboy*.



**GOLDEN
GIRL**

MARILYN MONROE

Hottest moment Her famous appearance as the first-ever *Playboy* centrefold in 1953! Also, her smoking hot rendition of *Happy Birthday*, sung in May 1962 to John F. Kennedy, whom she is rumoured to have had a shagathon weekend with in Palm Springs.

Fact Marilyn's mom was a bona fide nutter and young Norma Jean was a ward of the state and lived in a succession of foster homes.



SOPHIA LOREN

Hottest moment

Most of the time when you switch over to the TCM channel, you're confronted with dreary black-and-white drivel, but every once in a while you'll stumble upon pure magic. Magic like Loren's 1960 classic *The Millionairess*. If you're really lucky, you'll stumble upon a scene of Ms Loren in a very tight corset, complete with suspenders and hat and with a ciggie hanging out her mouth.

Fact Loren was the first winner of an Academy Award for a non-English-speaking performance, as Cesira in the film *Two Women* (1960).

Bond girl

URSULA ANDRESS

Hottest moment Emerging from the water in the sexiest imaginable white bikini in the first-ever Bond movie, *Dr.No* (1962). Not only was she scorchingly sexy, but the massive knife strapped to her side also made her a little scary – magnificent.

Fact In her prime Andress dated both Marlon Brando and James Dean.



BOMBSHELL

BRIGITTE BARDOT

Hottest moment: In 1956, French director Roger Vadim unleashed *And God Created Woman* on an unsuspecting world. The story featured Bardot as an immoral sex kitten wreaking havoc in a respectable small town, turning the actress into an overnight sensation and resulting in the invention of the term "sex kitten".

Fact: She retired from movies in 1973 as a still drop-dead-gorgeous 39-year-old and has dedicated the rest of her life to animal rights activism.

**GOLDEN
GIRL**

FAYE DUNAWAY

Hottest moment The opening moment of *Bonnie and Clyde* (1967), where's she obviously naked, setting the tone as the bored and sexually frustrated *femme fatale*.

Fact She has starred in over 70 films and has been acting since 1967.



JANE FONDA

Hottest moment Saving the universe wearing a super-powered space bikini and wielding a super-powered space weapon in epic Sixties flick, *Barbarella* (1968).

Fact Fonda was the undisputed queen of aerobics, and made leotards, legwarmers and sweatbands sexy with her breakthrough exercise videos. Her series of workout videos have sold more than any other exercise series.

PERFECT 10

BO DEREK

Hottest moment: That scene from the 1979 comedy *10* where Dudley Moore's character sees Bo Derek slow-motion jogging on the beach. It's an iconic moment that made Bo Derek. Derek on a towel, sporting blonde cornrows is one of the most copied (and parodied) scenes in movie history.

Fact: She won so many Golden Raspberry Worst Actress Awards and was a leading candidate for the Worst Actress of the Century award in 2000.



MF IMAGES, REX FEATURES, GALLOWS & SIKS



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RAQUEL WELCH

Hottest moment She may only have had three lines in 1966's *One Million Years B.C.* but Raquel absolutely blazed in the skimpy fur-lined bikini, which showed off all her breathtaking curves for the movie's poster. A poster, we might add, that is still one of the most iconic of all time.

Fact In her youth Welch reported the weather at San Diego television station KFMB.



OLIVIA NEWTON-JOHN

Hottest moment "You're the one that I want, you are the one I want, whoo whoo whoo, honey!" No matter your age, you've seen *Grease* (1978) right? Who could ever forget Olivia as Sandy, an innocent Rydell High School girl with big hair and fantasy-inducing curves! She also turned out nicely wearing roller girl-esque skates in the 1980 musical *Xanadu*.

Fact Olivia was actually 29 years old when she played Sandy, so it was okay to perv at her in bobby socks and pigtails!

SANDY!



PHOEBE CATES

Hottest moment Donning, and then removing, an outrageously sexy little red bikini in classic American 1982 teen comedy *Fast Times at Ridgemont High* (Cates is quoted as having said this was the was most fun movie she ever made). Cates also played smoking hot sex symbol Lili in the 1980s mini-series *Lace*, one of the highest-rated television movies of all time.

Fact A former ballerina and model, Cates has been married to actor Kevin Kline for 23 years.



CLAUDIA SCHIFFER

Hottest moment Where does one start? The 1.81m tall German bombshell has appeared on over 700 magazine covers and is also known as the last of her species of supermodel. In her early career, she was often compared to that other famous beautiful blonde on this list, Brigitte Bardot.

**SUPER
MODEL!**

Fact Schiffer was engaged to magician David Copperfield from 1994 until 1999. They met in 1993 at one of Copperfield's shows in Germany, when Schiffer was invited on stage to take part in his Flying illusion act. She's been married to film director Matthew Vaughn since 2002 and has three children.



GOLDIE HAWN

Hottest moment With that angelic-faced, giddy, American-girl-next-door look, Goldie Hawn even looked hot dressed in military fatigues and a helmet in *Private Benjamin* (1980).

Fact This sexy mama gave birth to a sexy woman named Kate Hudson in 1979.

Golden girl

KIM BASINGER

Hottest moment Being used as a platter by Mickey Rourke in the classic food-sex scene in *9½ Weeks* (1986). As arguably the most successful model-turned-actress, she did a lot to make the 80s bearable.

Fact She appeared as a Bond Girl in *Never Say Never Again* (1982) and had "relations" with Sean Connery. Ironically, it was Connery's wife who discovered her and suggested her to hubby as a Bond babe! Basinger won an Oscar for her role in *L.A. Confidential* (1997) and also turned up as Eminem's wasted mom in *8 Mile* (2002).





MICHELLE PFEIFFER

Hottest moment Her finest moment was undoubtedly her appearance in a black latex cat suit in *Batman Returns* (1982)! A classic moment in cinematic history.

Fact Pfeiffer's career path included stints as a check-out girl, and training as a court stenographer before deciding that being a famous actress would be a better idea.

GOLDEN GIRL

ISABELLA ROSSELLINI

Hottest moment

Somewhere in between being the face of Lancôme (a position she held for 14 years, well into her forties) and appearing in a string of movies through the Eighties and Nineties, the Italian siren also appeared in Madonna's controversial Sex book and very naughty *Erotica* music video.

Fact Rossellini is the daughter of film legend and beauty in her own right, Ingrid Bergman.



CHRISTIE BRINKLEY

Hottest moment Brinkley spent more than thirty years right at the top of the supermodel pile and graced more than 500 magazine covers in that time, which naturally makes singling out a single sexy moment virtually impossible. Fans will also remember her for blazing *Uptown Girl* video by Billy Joel.

Fact Brinkley was the face of cosmetics company *CoverGirl* for a staggering 25 years, the longest contract of any model in history.

GREAT STOCK, CORBIS

MEMORIES!

BROOKE SHIELDS

Hottest moment The skinny-dipping scene in the 1980 classic *The Blue Lagoon* made the then 16-year-old actress one of the most controversial, recognisable and lusted-after people on the planet.

Fact When Shields delivered her eulogy at Michael Jackson's funeral, she was watched by a billion people on television.





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CLASSIC HOTNESS

GEENA DAVIS

Hottest moment Seeing her strutting around in her change room in nothing but her underwear while Dustin Hoffmann (dressed in drag) tries his best not to show where the loyalties in his loins lie, in the 1982 hit film *Tootsie*.

Fact In 1999, Gina Davis was one of 300 women who tried out for a semi finals berth in the US Olympic archery team to participate in the Sydney 2000 Summer Olympics. She placed 24th of 300 and did not qualify for the team, but participated as a wild-card entry in the Sydney International Golden Arrow competition.



JULIA ROBERTS

Hottest moment Playing a prostitute in *Pretty Woman* (1990). In particular, when she flings her slippery legs around Edward (Richard Gere) in the bath and tells him about the "88 inches of therapy" wrapped around him.

Fact As a child, Roberts wanted to be a vet... as one of Hollywood's highest-paid actresses, we bet she's glad she opted for acting!

KYLIE MINOGUE

Hottest moment Pretty much anytime she showed off her perfect bum, rated by many as the bum of the century! Happily she started wearing less and less clothing as the 90s progressed.

Fact Kylie stared out as a soapie actress on *Neighbours* before rocketing to superstardom with the release of her first single, *Locomotion*, the best-selling single of the 80s. The episode of *Neighbours* where she married Jason Donovan's character was watched by 20 million UK viewers.



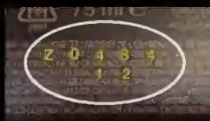
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SCARY SEXY!

UMA THURMAN

Hottest moment Doing that dance in that wig while playing Mia Wallace in Quentin Tarantino's *Pulp Fiction* (1994). Then of course wielding a massive sword in *Kill Bill* (2003)!

Fact Thurman is named after the Tibetan term *dbuma chenpo* which means "great middle way".

PAMELA ANDERSON

GOLDEN GIRL

Hottest moment It's impossible to ever grow tired of those slow-mo montages that were the cornerstone of every *Baywatch* episode ever made. Beautiful Pammy, bouncing up and down in all her glory, in a snug red cozzie, life-buoy under the arm, was the single greatest thing about those memorable montages.

Fact Anderson received the first Linda McCartney Memorial Award for animal rights protectors in 1999, in recognition of her PETA campaign.



CINDY CRAWFORD

Hottest moment It's almost impossible to pin point her sexiest, since her whole career has been nothing but blazing. Cindy Crawford basically ran the Nineties with her perfect combination of signature mole and stunning body that saw her on the cover of hundreds of magazines throughout her career.

Fact In 2011, Crawford publicly endorsed Mitt Romney as the US Republican presidential candidate.





SADÉ

Hottest moment Belting out the scintillatingly sexy lyrics to hit tune *Smooth Operator* from the stage of a smoky bar for the song's video.

Fact "Sadé" or "Sada" is an ancient Iranian tradition celebrated 50 days before Nowruz, the Iranian new year.

ELLE MACPHERSON

Hottest moment She is best known for her record five cover appearances on the *Sports Illustrated Swimsuit Issue*, beginning in the 1980s, leading to her nickname, "The Body".

Fact In 1994, she left her agency, Ford Models, to form her own company, Elle Macpherson Inc. MacPherson soon went on to produce her own highly popular series of calendars and a very successful series of work-out videos.

THE
BODY!



dutchess!

HEIDI KLUM

Hottest moment Any time between 2002 and 2009 that she took to the runway as a Victoria's Secret "Angel"!

Fact Klum was the official Barbie ambassador for the iconic doll's 50th birthday in 2009.



NICOLE KIDMAN

Hottest moment She's never been afraid to get her kit off in the name of art (*Dead Calm*, 1989, and that spectacular bum shot in *Eyes Wide Shut*, 1999), but her sex scene in 2012 flick, *Hemingway & Gellhorn* is possibly her finest moment... they're making whoopee, a bomb goes off covering them in dust, they keep at it! You see a lot of Nicole.

Fact Kidman was born in Honolulu, Hawaii, while her parents were in the U.S. on educational visas, making her both Australian and American.



KATE MOSS

Hottest moment Every page of her book, *Kate: The Kate Moss Book*. And the Calvin Klein underwear campaign of the early 90s that started the waif/heroin chic look.

Fact Kate the Great has been on the cover of British *Vogue* 30 times and is happily still in hot demand.



SIZZLER!

DEMI MOORE

Hottest moment Just about all 115 minutes of *Striptease* (1996)! But especially when she rips that white men's shirt off on stage to reveal her itsy bitsy sparkly lingerie. And the black lingerie act on the chair. And when she's practising at home in a towel. All of it.

Fact Moore caused a sensation by appearing naked and pregnant on the cover of *Vanity Fair* magazine in August 1991.



GALLO IMAGES/GETTY, CORBIS, REX FEATURES



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GISELE BÜNDCHEN

Hottest moment

Also known as the "Boobs from Brazil", her most notable moment is probably a black-and-white nude photo, shot by Irving Penn, which was auctioned for more than R1,6 million in 2008.

Fact Bündchen was one of *Victoria's Secret* Angels from 2000 until mid-2007 and since 2004 she's been the highest-paid model in the world.



HALLE BERRY

Hottest moment Nonchalantly drinking a cocktail and sun tanning topless in the 2001 block buster film *Swordfish*. And, twisted as it might sound, her sex scene with Billy Bob Thornton in *Monster's Ball*.

Fact Berry received an Academy Award for Best Actress in 2001 for her performance in *Monster's Ball*, the first African American to win it.

PENÉLOPE CRUZ

Hottest moment Jeez, there have been loads. Many fell hopelessly in love with her when she played a slightly ditzy chef in the movie *Woman on Top* (2000) and then there was her role as Johnny Depp's outrageously hot wife in drug epic *Blow*. It's particularly hard to forget her lounging around the pool in a bikini so sexy it made us a little angry...

Fact Cruz owns a clothing store in Madrid and designed jewelry and handbags with her younger sister for a Japanese company.



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MONICA BELLUCI

Hottest moment Simply being alive! Belluci doesn't really need to do anything but show up to confirm her status as one of the world's A-list sex symbols. Witness her fitness in *Bram Stoker's Dracula* (1992), *The Matrix Reloaded* (2003) and more recently, *The Whistle Blower* (2010).

Fact She posed naked with her newborn baby for *Vanity Fair* in 2004 to protest Italian laws that prevent the use of donor sperm!

GOLDEN
GIRL



SALMA HAYEK

Hottest moment

The sex scene from *Desperado* opposite Antonio Banderas pierced our retinas and proceeded to be scorched into our brains for the rest of time. Pure, silver screen magic!

Fact Her dad, Sami Hayek Dominguez was an oil company executive and once ran for mayor of Salma's Mexican hometown, Coatzacoalcos.

CURVY-LICIOUS BEYONCÉ

Hottest moment: Her stint as Foxy Cleopatra in *Austin Powers in Goldmember* (2002) still makes occasional appearances in our dreams.

Fact: She performed a private concert for then Libyan dictator Muammar Gaddafi on New Year's Eve 2010.



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AN ANGEL

ADRIANA LIMA

Hottest moment Whenever she puts on those wings and wiggles into tiny wisps of *Victoria's Secret* lingerie! Perhaps the moment that stands out most was when she wore the R17 million *Victoria's Secret Bombshell Fantasy Bra* in 2010. It's not every day you get to see a goddess in lingerie and the answer to all your financial problems in one devastatingly sexy package.

Fact Every year since 2005, she has ranked in the top five in the *Forbes* list of the 20 highest-earning models in the world





NATALIE PORTMAN

Hottest moment It's a toss-up between her sensational lesbian scene in *Black Swan* (2010) and the sight of her in skimpy knickers, pole dancing in *Closer* (2004). With an Oscar to her name, millions in the bank and brains to match, she's as close to perfection as it comes.

Fact She was 11 years old when she first read the script for *Leon: The Professional* (1994), in which she plays a precocious, but highly effective assassin.



MEGAN FOX

Hottest moment Her sex scenes in *Jonah Hex* (2010) were pretty special, but her lesbian kiss with Amanda Seyfried in *Jennifer's Body* (2009) caused many a teenager to develop hairy palms! Megan's film roles have all pretty much involved her looking ridiculously hot, so we're spoilt for choice!

Fact Fox has eight tattoos, including her husband's rather mundane name, Brian (as in Brian Austin Green), on her lower hip, and Marilyn Monroe's face on her right forearm.



SCARLETT JOHANSSON

Hottest moment That moment when she stepped out in that magnificent red dress for the 2006 Golden Globes is one we'll cherish for the rest of our lives. There were some golden moments in *Lost in Translation* (2003) too.

Fact She has a twin brother, Hunter, who appeared with her in the film *Manny & Lo* (1996).

GOLDEN
GIRL



ANGELINA JOLIE

Hottest moment: From 1997 when she appeared as a stripper in the music video for the Rolling Stones' *Anybody Seen My Baby* right up until she emerged naked from the bath in 2008's ludicrous action romp *Wanted*, Angie has set male pulses racing.

Fact: At the age of fourteen, rebellious Ms Jolie dropped out of school to try to become a funeral director. For reals.

DITA VONTEESE

Hottest Moment The queen of burlesque has graced the pages of *Playboy* on numerous occasions, but her sexiest moment must be the famous striptease performance that saw her writhing around in an over-sized martini glass.

Fact Through wearing a corset for many years, she's reduced her waistline to 56cm, and can be laced down to as tiny as 42cm.



GOOD BOLLY!

AISHWARYA RAI

Hottest moment We're total suckers for the whole pageant thing so despite her going on to be one of Bollywood's brightest stars, it's when Aishwarya won the 1994 *Miss World* title that we fell for her many charms.

Fact Rai was declared *Female Star of The Decade* at the tenth International Indian Film Academy Awards in 2010, proving that Indian film fan know...





WOWZER!

KATE UPTON

Hottest moment Doing the Cat Daddy in an teeny, tiny, bouncy bikini on photographer Terry Richardson's YouTube channel! The clip garnered 750 000 views in its first 24 hours! Happily, Upton's career is only just taking off, so watch this space for many memorable moments to come!

Fact She's an accomplished equestrian and as a young lass won many horse riding championships.

INTRODUCING

NICOLE

Gents, we scoured the globe in search of the hottest woman you've never heard of in your life. And we found her! Drop your jaws for luscious new model, Nicole Neal!



ENAL



**GOLDEN
GIRL**

NICOLE NEAL

Hottest moment You're looking at it, right here on these pages. Our quest didn't end with us finding her... we then had to convince her to strip down to a bikini and pose for these here lovely pics. You guys can thank us later.

Fact She's a former fine arts student and one hell of a dancer!



There have been some huge mistakes in the history of humanity. Think of the record company that turned down some band called The Beatles back in the 1960s saying that there was “no place for them in show business”. Sure, that was a bit of a cock-up but it’s absolutely nothing in comparison to what happened to 20-year-old former art student and model, Nicole Neal. “I sent some test shots to a model agent and he said, “Thanks, but no thanks,”” Nicole explains. “That was a couple of years ago, it hurt at the time.” Now we’ve checked and as far as we can tell, this agent isn’t registered blind or certified insane (although he clearly should be). We can only guess that right now he’s sitting at home eating his hat and possibly his trousers, too, as he gazes on one of the sexiest girl shoots to ever grace the pages of *FHM*. “Well, hopefully he sees the error of his ways,” smiles Nicole. “This could be the start of another blonde era.”

A new blonde era? Tell us more...

Well, I put my current success down to the fact that we’re suffering a lack of hot blondes at present. If you look around, most girls are brunette and there’s the odd redhead, but there are very few blondes all of a sudden. That has worked in my favour, it got me noticed, got me lots of work and it got me a shoot with *FHM*!

Almost as amazing as your flexibility...

Ha, you noticed! I’ve danced all my life, so I’m pretty bendy. Photographers tend to pick up on this and get me into some funny poses. Your shoot was no different, although I was a little out of practice, so I was stiff afterwards.

So you’re telling us you don’t show off your splits at house parties?

What sort of parties do you go to? Of course I don’t. Mind you, if someone does a cartwheel or challenges me to a dance-off, then I’ll happily step up to the plate and show them what I’ve got.

And what have you got?

In terms of dancing, I’ve got ballet, tap and modern dance in my locker. I really like tap, because most people don’t do it anymore. These days everyone does street dance, which is nowhere near as fun as the can-can!

Changing the subject, you recently shared some incredible latex catsuit pics on Twitter...

I’m glad you liked them. A company I model for makes loads of latex outfits and they are all incredible. I’d love to wear one of them out, but I’ve no idea where I could go in it.





**FORMER FINE ART
STUDENT NICOLE'S
GUIDE TO LIFE DRAWING!**

BE SERIOUS

"The moment you laugh is the moment you lose concentration, so you need to keep a straight face at all times. Even if the model is naked and has a weird body part or bends over and touches their toes."

BE HARSH

"People have a tendency to try make people look better than they really do, but you need to draw what you see, not what you think the model wants you to see."

EXPERIMENT WITH UTENSILS

"People often stick to using a pencil, but that's not always the medium they are best at. I used to light a match, let it burn out and then use the charcoal on the tip to draw, because I loved the effect it gave."

We can think of a few clubs...

Eugh, I will not be going to them. Have you ever worn latex?

Only around our sensitive bits – why?

It's a really odd sensation. Once you've spread the talcum powder and struggled your way in, your body warms up really quickly. So you're hot, but then you need to spray it with cold oil to make it shiny, so you are instantly freezing. Then you warm up again and then you have to take it off, which is fine if it's a dress, but unpleasant if it's a catsuit or stockings.

Wow. You must have been glad that we didn't ask you to slip into one...

I was. I was extremely glad you picked the clothes you did for this shoot, because even though I don't actually show anything, the outfits are so suggestive that I look incredibly sexy. I think this is my hottest shoot yet.

Thanks. You recently did a shoot with FHM legend Kelly Brook. What was she like to work with?

She was absolutely lovely. We had a day of shooting and then met up for an event, which was okay, but a bit different.

What do you mean?

Guys would come in to get their chests shaved and we'd pose for a picture. Most of them were really nice, but some of them would try and touch my chest or bum, which is not on.

Agreed. You live on the coast... how should a guy approach you and your friends on the sand?

He shouldn't. I don't go to the beach to get chatted up, I go to have fun with my friends, so I don't even shower before I go. I just roll out of bed, pop on my bikini, grab a bag, a towel, some sun cream and money and head off for a day's fun with the girls.

So when should a guy approach?

At night. On a summer's day, my friends and I will chill in the day and drink in the evening. So I'll sunbathe until about 5pm, then I'll head home, have a shower, get all girly and go out for a big one.

Sounds good. You often model in Ibiza, what's the biggest night out you've had there?

I've not actually had a big night out there yet. You can't hit the town and then pose for pictures. That'll change when I'm there on holiday though!

Awesome, we'll see you on the beach and the dancefloor...

Yes, you will. Just remember not to approach me on the beach or feel my bum on the dancefloor! ★



CHAD'S DAD!

VITALS

AGE: 55// FROM: DURBAN// CLAIM TO FAME: DAD OF SA OLYMPIC GOLD MEDALLIST CHAD LE CLOS! AND THAT BBC INTERVIEW!

Bert le Clos! Welcome to FHM! How are things in Durbs?

Things are good. Chad said to me the other day, "Dad, this is how our family should be – happy," and we're happy, but it's still so busy and so crazy.

You provided one of the most endearing moments of the 2012 Olympic Games.

How much of that legendary BBC interview do you remember?

I was just being interviewed and the camera was rolling and I was just so over the moon about Chad's win! I was a little embarrassed afterwards, but Chad was a sport about it.

How do you feel now that all the dust has settled?

The dust hasn't settled! It's unreal every time we go out, and the phone is still ringing, we are still getting gifts from around the world, it's crazy. We were just sitting in the lounge, my wife, Chad and I, and I was like, "Chad, you're the man on the planet!"

Your interview made you a worldwide hit.

How does it feel to be famous?

People recognise me wherever I go, it's madness. But London was unbelievable. I mean, I was huge there, and not just in size. But I really knew I was famous when Famous Grouse sent me a bottle of their good stuff with the label reading, "The Famous Bert" and they used my word "unbelievable" on the back too, that was really awesome.

Are you getting people coming up to you in the street for a pic and a chat?

A lady at the shop the other day wanted my autograph. Thankfully my wife is not jealous – she had the best of me in the days when I looked like Chad! In London, a lady told me she was going to name her child after me!

You've been referred to as "the Olympics' proudest dad". That has to make your chest swell a little?

I'm proud Chad's my son, and my son won an Olympic gold medal, I'm proud to say, "that's my boy", any dad would be. Chad told me if somebody gave him a billion rand in exchange for what happened at that moment, me showing how proud I was, he would tell that person to keep their billion. I think I feel more proud and celebratory than he does!

Most people will never know what it feels like to see their kid win an Olympic Gold medal. Tell us what that feels like...

How does a father even describe it? All I can say is that when I'm by myself, like when I'm driving alone, I cry about it. It was just so beautifully perfect.

And he did it by beating arguably the greatest Olympian of all time, that's one hell of a thing!

Let me tell you something, that boy has watched Michael Phelps 500 000 times, I am not lying. He has watched Phelps' 200-metre butterfly win at the Athens Olympics 500 000 times, as often as 100 times in one day. Chad can recite the commentary word for word, the times, the splits. To see him beat Phelps... there are no words.

Were you always going to be poolside at the Olympics?

My wife Geraldine and I had our tickets nine months before the Games, but Chad only qualified and knew he was going to London four months before the time. That's how confident we were!

Who introduced Chad to swimming?

He began swimming at school, but his big love was soccer. Then he started beating everyone else in swimming competitions. Then one guy asked me, during a smoke

break with the dads, which club Chad swam for. Chad was just nine years old, and I didn't know about swimming. Come November that year at time trials, Chad was fantastic. He was sent to Graham Hill, the Olympic swimming coach, that's how it started. The rest is history. I stopped him from playing soccer naturally!

What was the daily drill back then?

From the time Chad started training, we had early mornings, often around 5am, and my wife and I would drive him to training. And we'd wait at the poolside, watching him train. I waited and watched for eight years, and this was the goal.

Were you quite the sports star yourself when you were younger?

I follow Gordon Igesund, the Bafana coach, we used to play together as young guys for Durban City.

We presume you're a Sharks and Amazulu man?

We watch some rugby as a family, but with soccer we're big on Manchester United actually, always watch the games.

What happens on an average Saturday at the le Clos home?

We play soccer together, I'm usually cooking a seafood dish like lobster.

We're coming for a braai! What should we bring?

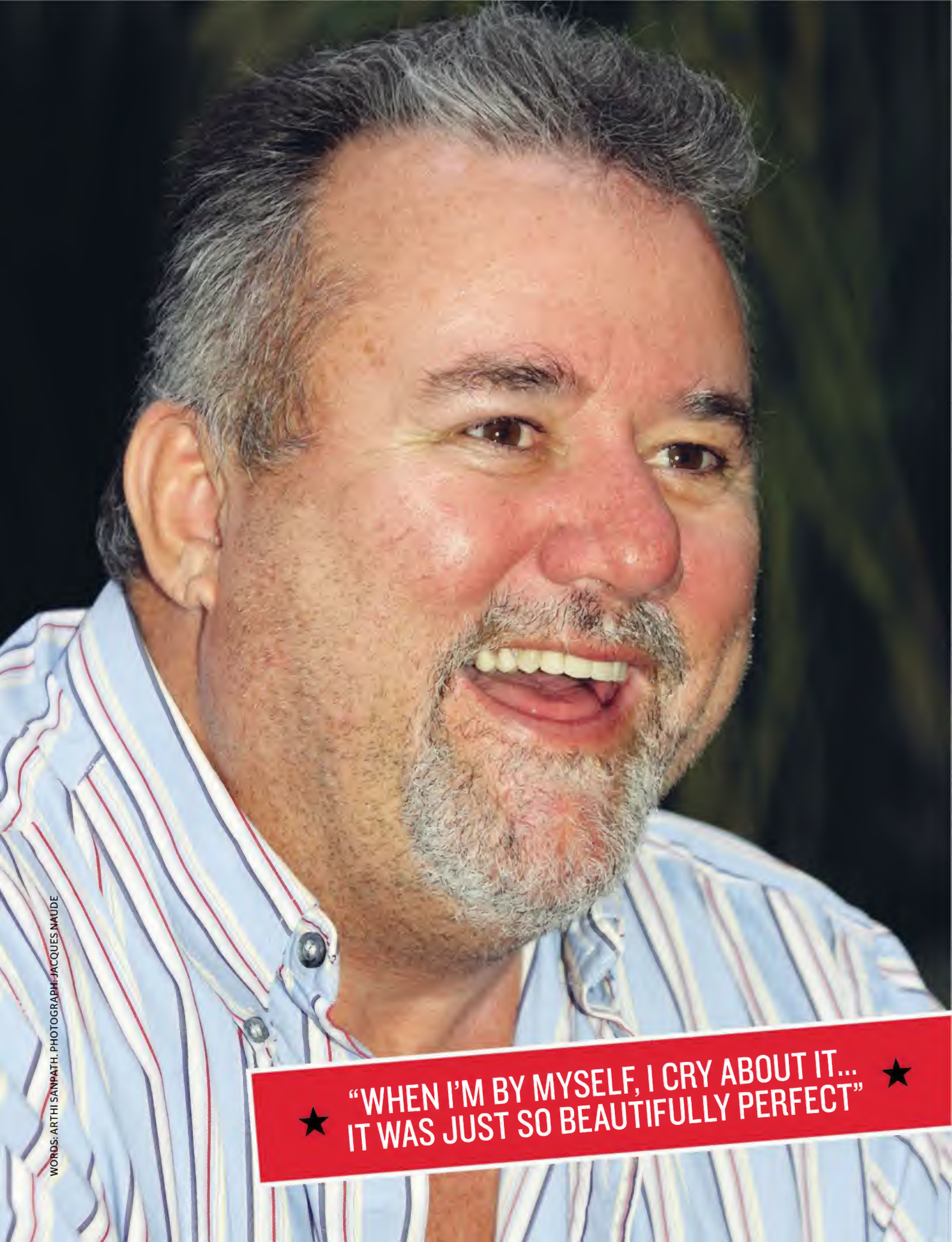
You don't have to bring a thing! I make a good peri-peri chicken, Portuguese style.

You guys have an interesting surname...

It's French and means "enclosure". I was born in Mauritius, in fact, we made the front page of the *Le Mauricien* newspaper after Chad won gold.

How will you get used to normal life again?

We've had great times with Chad's swimming, but we're a great family and always spend time together. I think we'll be fine, things will be good, really. ★



WORDS: ARTHI SANPATH. PHOTOGRAPH: JACQUES NAUDE

★ “WHEN I’M BY MYSELF, I CRY ABOUT IT... IT WAS JUST SO BEAUTIFULLY PERFECT” ★



THE STATE OF GLOBAL TERRORISM

With bin Laden dead,
al-Qaeda are becoming
more ruthless and
random than ever.
Will a “lone wolf” be
stepping aboard your
flight any time soon?

WORDS: CHRIS HUGHES



global terrorism

Just two 5,56mm bullets fired from a US Navy SEAL Heckler & Koch 416 assault rifle – a double tap in the chest and head – ended a more than decade-long manhunt for Osama bin Laden. Within hours of bin Laden's death on 2 May 2011, astonishing details of Operation Neptune Spear began to emerge: 79 elite commandos had fast-roped from stealth Black Hawk helicopters, deep into the terror mastermind's lair, before blasting their way up three floors to kill him. The breathtaking heli-assault – launched from over the border in Afghanistan into a quiet suburb of Abbottabad, Pakistan – should have decapitated the al-Qaeda menace. But nobody in the shadowy world of counter-terrorism truly believed that bin Laden's death would end al-Qaeda. Put simply: the brand remains bigger than the man.

In a back street bar in London's Mayfair, a retired MI5 officer explains: "Bin Laden's death may have killed off al-Qaeda's figurehead and avenged 9/11. It even offered some closure for the Americans. But even before his death, bin Laden was no longer an effective guerilla leader. He was an old man who'd been on the run for years. However, so



READ THIS BEFORE GETTING ON A PLANE: THE EXPERTS' VIEW ON HOW TO TACKLE TERROR FACE-TO-FACE!



The air marshal

Former US Federal Air Marshal Robert MacLean acted as in-flight security on US flights in the wake of the 9/11 attacks, from October 2001 until April 2006.

What's the best way to spot a potential terrorist at an airport?

Well, no terrorist organisation has ever managed to recruit a suicidal family, and people who look like businessmen tend to be businessmen, so look for someone on their own doing something out of the ordinary. The underwear bomber [Umar

Farouk Abdulmutallab, right, who tried to blow up his pants on Christmas Day, 2009] would have flagged up for me, for instance, as he was travelling from Ghana to America via Amsterdam, on his own, without any bags.

And on a plane?

Again, look for somebody doing something unusual. On a long-haul flight, people tend to sleep, watch a movie, read, listen to music or work on their laptop. A guy who is ready to turn into a fireball won't be doing any of these. He'll be sitting silently with a dead-eyed stare.

What percentage of flights have air marshals on them?

If you factor in those who are on sick-leave, vacation, off-rota, on their day off or injured, the probability of an air

marshal being on an aircraft in America is between 1-3%. When I was flying, 95% of my missions were domestic, so that percentage lowers significantly internationally.

What powers do air marshals have?

An air marshal can use anything from verbal demands up to deadly force. I carried a semi-automatic weapon with an excess of 13 rounds, a pistol and lots of back-up magazines.

And if there's no air marshal on my flight and a terrorist stands up and starts shouting that he has a bomb, should I punch him?

Stop them any way you can. If you have to punch him, then do it. If you have to use deadly force, do it, because it's a matter of life and death. Which is why if somebody onboard my plane says he has a bomb and he won't show me his hands, I am going to immediately neutralise his nervous system.





much of jihadi belief relates to martyrdom, so bin Laden lives on in the minds of his followers and inspires fresh recruits. He was of more use to counter-terrorism as an old man with possible kidney problems, but now he's a martyr."

WHO'S THE NEW BIN LADEN?

Al-Qaeda may be on the ropes, but the idea lives on. Its new leader Ayman al-Zawahiri – a 61-year-old Egyptian doctor – may lack bin Laden's charisma, but he is utterly ruthless and his loathing of the West has been spurred on by the loss of his wife and three children in Afghanistan in 2001. They were killed by

a US air strike following 9/11. Azza, al-Zawahiri's ultra-conservative wife, refused to be rescued because the men digging her out of the rubble would have seen her face.

Al-Zawahiri was appointed soon after bin Laden died and the US immediately slapped a \$25 million "kill or capture" bounty on his head. He is unable to travel to inspire jihadis and is probably hiding in a Pakistan safe house. Al-Zawahiri's lack of mobility isn't al-Qaeda's only major staffing problem right now. Since 2003, the CIA has launched many devastating air strikes against fighters in mountainous Waziristan, a lawless tribal ➤



Al-Qaeda's new leader, Ayman al-Zawahiri. **Opposite** A black hawk, similar to the one used in bin Laden's assassination.



The terror psychology expert

Professor Arie Kruglanski is a psychologist at the University of Maryland. He is the co-director of the National Consortium for the Study of Terrorism and Responses to Terrorism (START) and has just been given \$4.5 million by the US Department of Defense to study the radicalisation of Islamic terrorists.

How is a person likely to psych themselves up to blow up a plane?

It depends. If you're part of a group, then you can tell yourself that the organisation is behind you, and you're simply the last cog in the machine that is carrying out whatever act you are involved in. Studies have shown that such fusion with a group is so psychologically empowering that it reduces a person's fear of death.

And what if you're a lone bomber?

Lone terrorists like Major Nidal Malik Hasan, who carried out the Fort Hood massacre in Texas [in 2009], and Unabomber Ted Kaczynski [who waged a 19-year mail-bombing campaign] are very special and different, almost autistic people. They manage to convince themselves that a group is with them, even though they have no evidence of this.

What tell-tale signs would a person wearing explosive underpants in an airport display?

It's difficult to talk about actual body language, but almost undoubtedly they will display intense single-mindedness and extreme commitment. If you are going to blow up a plane then you can't worry about your life, family or your career aspirations. You must suppress these kind of thoughts in favour of focusing on the task that you've set out. It must be completed at all costs.

So they probably won't be up for quick chat, then?

No.

Okay, so I'm on a flight when a terrorist starts shouting that they have a bomb on them. Is there any way that I can talk them out of detonating it?

If they are part of a group then you have no chance, as they'll be impenetrably ensconced within their universe. But if they're a lone bomber, then conceivably something could be achieved by warming to them. People acting on their own don't feel the same burden of letting others down and, no matter how committed they are, at the point where they're about to explode the device, there'll always be a struggle between their thumb and their life-instinct. Nobody wants to die, so if at that point you talked about what they had to live for, you could conceivably talk them out of the act they're about to commit.

global terrorism

Right The Situation Room at the White House receives an update on the mission against bin Laden. **Below** MQ-1 Predator drones have been vital in wiping out al-Qaeda operatives. **Below right** Abu Yahya al-Libi, known as “al-Qaeda’s general manager” by the CIA.



area in north-west Pakistan where al-Qaeda thrives. More than 300 Hellfire missile attacks fired from MQ-9 Reaper and MQ-1 Predator UAVs (Unmanned Aerial Vehicles) have killed 2 300 militants, around 300 of them mid-level al-Qaeda leaders, and dozens of them senior commanders.

Just a few weeks ago, a US missile strike killed the terror network’s second-in-command, Abu Yahya al-Libi – the biggest score for the CIA since bin Laden’s assassination. Media-savvy, charismatic and adored by his followers, al-Libi was known to CIA spooks as “al-Qaeda’s general manager” (if you imagine al-Qaeda as a branch of Woolies, al-Libi was in charge of deliveries, stock-takes and the deli counter) and was in charge of inspiring jihadists around the globe.

Despite efforts by the CIA and MI5, some jihadists slip under the radar. Like two of the four jihadists who killed 52 and injured more than 700 by blowing themselves up with home-made, peroxide-based bombs on the London underground on 7 July, 2005. As one UK intelligence source, speaking about the carnage of 7/7, told *FHM*: “We have to get lucky every day. Al-Qaeda get lucky once and look at the result: blood, body parts, horror on our capital’s streets.”



But endless US drone attacks have struck fear and paranoia deep into the heart of al-Qaeda – demonstrated by the fact that they’ve almost entirely ceased communicating over the airwaves and internet. The ex-MI5 officer told *FHM*: “Al-Qaeda *has* suffered. Towards the end, bin Laden was contacting his lieutenants via courier because the CIA was so all over communications in the region. Drones have killed key al-Qaeda figures, and the widespread use of informers has instilled paranoia and distrust. Although al-Qaeda may be fragmented, its ideology – that of spreading Islamic fanaticism – is strong. As with the bin Laden legend, it’s impossible to kill an idea... it’s not if but when there will be another attack.”

HOW IS GLOBAL INTELLIGENCE STAYING AHEAD OF THE TERRORISTS?

A young Muslim man, his head buzzing with stories of martyrdom, dodges through the bustle of Heathrow Airport and approaches Terminal 3 check-in. He fumbles for his ticket to Karachi, Pakistan, from where he will travel to join the Mujahideen “holy warriors” of his dreams and return to the UK a trained terrorist.

Suddenly, two men in plain clothes flank him and say firmly, “Police. You need to come with us.” In a back room, two more men introduce themselves as officers from the Security Service. Through the haze of the young man’s confusion, he hears a voice say, “You probably know us better as MI5.” Within two hours, the would-be jihadi’s life is pulled sharply into focus as he’s informed that MI5 know everything about him: who his friends are, where he’s headed, and why he’s heading there. After being snatched on by a “tout” – a tipster or agent – inside the Muslim community, he’s been bugged and followed for months by MI5.

They tell him that if he were to continue his journey to Pakistan, upon his return to the UK he would have MI5 and the police’s SO15 Counter Terrorism Command on his tail 24/7. He’ll never know if any of this is actually true, but it’s enough to convince him to abandon his trip. He’ll also never know what his fate might have been in Pakistan – quite possibly execution – if al-Qaeda had learned that he’d spoken to MI5. >



As with the bin Laden legend, it’s impossible to kill an idea”



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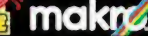
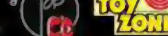
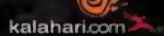
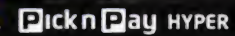
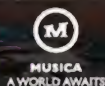


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global terrorism

LONE WOLVES: AL-QAEDA'S INVISIBLE TERROR TROOPS

What is a "lone wolf" and should I worry about them?

One of the biggest fears for the world's security services is an attack by a "lone wolf", a solo operator who's unknown to intelligence agencies or their network of tipsters, and therefore capable of operating undetected. Anyone can align themselves with the al-Qaeda "brand", regardless of whether or not they have any past in jihad. Any loner with a gripe against society can latch onto al-Qaeda's warped take on Islam and join its terror network.

Former SAS Warrant Officer Robert Henry Craft, a counter-terror expert at the frontline of special forces operations against terrorism for 14 years, says: "Al-Qaeda is a dysfunctional franchise. There's no focused and effective global command structure. But what that means is that any potential jihadi, any random guy sitting in a bachelor flat, can declare himself an al-Qaeda



operative just by deciding to become one. "There is a genuine fear that there are many such 'lone wolves' out there. The problem is, if they're truly alone and they're not talking to people about their intentions, then they may avoid being picked up by the intelligence agencies until they attempt to carry out an action, try to procure equipment, or boast about their intentions."

Left Toulouse shooting (March 2012) gunman Mohamed Merah
Below "Underwear bomber" Abdulmutallab tried to detonate plastic explosives in his underwear on a 2009 Northwest Airlines flight.



Airliners remain the main target for terror groups

The young man returns to his British hometown, relieved of his passport, and with his reputation as a jihadi in tatters; he's now distrusted by his terror contacts, who regard his swift return home as deeply suspicious. Another seed of a 7/7-style bomb plot has been crushed by MI5. This technique is known as "disruption". It's not exactly James Bond, but this is how work at the coalface of the war against Islamic jihad looks. A disruption incident happens every few weeks and is the most effective way to nip al-Qaeda-linked terrorism in the bud.

Occasionally, MI5 and the CIA "turn" an enemy operative into an agent working for them in order to penetrate al-Qaeda. Recently, a double-agent recruited by MI5 and MI6 (MI5 deals with threats in the UK, MI6 with overseas threats) went deep inside a group called

Al-Qaeda In The Arabian Peninsula (AQAP, for short) and was given their latest bomb technology for a suicide mission aboard a US-bound plane. The mole tipped off MI6 and handed over the bomb technology. This person – who has now been given a new identity by MI6 – saved many lives and enabled agencies to analyse the latest in terror technology, as well as the increasingly ingenious methods that AQAP's scientists are employing to make their explosives "invisible" to airport scanners.

ARE PLANES STILL THE TOP TARGET FOR AL-QAEDA?

The most serious plots faced in recent years have related to attacks aimed at blowing up commercial airliners. Most of these were planned by the Yemen-based AQAP, currently the most feared Islamist

terror group. Aside from Afghanistan and Pakistan, Yemen is where the CIA is currently focusing its drone attacks, desperately trying to cull back AQAP numbers with daily strikes. It's brutal, but as one US special-forces source told us: "It's like mowing the lawn: cut it down one week, it's grown again the following week. It's a never-ending battle."

Airliners remain the main target for terror groups such as al-Qaeda simply because the idea of one exploding is so horrific: you get maximum casualties and spectacular news coverage. And even though al-Qaeda is badly damaged at present and unable to plan anything as big as 9/11 anytime soon, that doesn't prevent a "lone wolf" from stepping onboard your flight armed with homemade explosives and causing carnage on a smaller, yet still terrifying, scale. ★

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20

**REASONS
WHY IT WOULD
TOTALLY ROCK TO BE**

GAY

No we're not, and we're pretty pleased about that...

**but after a few post-deadline ales, team FHM
started discussing the merits of indeed crossing over!**

1 You dress extremely well

No idea what the exact reasons for this are, but face facts, homosexual men are almost always impeccably dressed. While we slouch around in dated jeans and torn hoodies, they strut their stuff in tailored trousers and jumpers in colours like teal and aubergine. Women also seem to think they look amazing!

CON Looking that good can't possibly be cheap, which means that you'll probably have to cut down on steak and beer.

2 You never need to remember anyone's name

Ever. You can simply waltz into a room and exclaim, "Hello daaaarlings!" Admit it, it's tough remembering everyone's name all the time and that "Hey you, how are you?" thing is painfully obvious. The gay way is far superior for social cred.

CON You'll also say things like "Fabulooooooooous" and "Amaaaaaaaazebaaaaalls".

3 You always smell good

Another one of those perplexing gay anomalies, but for some reason gay dudes always smell like they've just walked out of the Hugo Boss lab. Hell, even after they've finished a marathon they smell good, while the straight guys smell like, well, nothing good.

CON Apparently there are pheromones in our natural scent that attract babes. We swear it, the internet says so.

4 Women let you see their boobs!

Like all the freaking time! Chances are they'll even let you touch them! Women let their gay friends into changing rooms and, so we've heard, happily proceed to take all their clothes off. No lies.

CON You'll lose all appreciation of female boobs, which is quite frankly the most frightening thought we've ever had!

5 You'll rock at karaoke

Because you know all the words to Kylie, Celine, Beyoncé and Madonna. Plus it's highly likely you won't be completely tone deaf. Just imagine, being at the Colony Arms on a Saturday night, confidently strolling up to the stage, grabbing a mic and totally nailing *It's Raining Men*... jeezlike, that'd rock.

CON You'd probably get pelted with

bottles by the rugby crowd for making them look bad.

6 Your partner drinks as much as you do

If you're in a relationship, chances are your man will also be partial to your preferred poison. Imagine always having someone who you can hit the bar with, without ever being given flack for being a drunken slob. Plus, you'll probably have all sorts of hangover cures and potions for the morning after.

CON This could of course become a bit much, if your partner is always there, drinking by your side?

7 You have gaydar

That's that thing gay dudes and most women are always on about, the one that apparently allows them to tell whether someone's gay or straight, irrespective of how camp or macho they are. No clue how it works, but it sounds like a superpower and you absolutely have to love superpowers.

CON This gaydar they talk of seems to spawn plenty of gossip, and quite frankly gossip becomes tedious. We'd much rather just watch the Barca game.

8 You won't have to fight with your partner about getting a pool table

We've all been there: you want to buy something unnecessary and expensive, like a pool table, juke box, motorbike or cricket bat. And then, just as you're at your most excited, your girlfriend pipes up about how you don't have enough loot and will never use it. No more, dear friend, because your male partner will be as keen on an original arcade *Street Fighter* machine as you are, surely?

CON You may end up with a house full of expensive items that you never use and that have no resale value. Dammit!

9 Having your topless torso on Facebook is cool and not creepy

They say if you're gay you have a license to make hay. And that includes topless pictures of yourself on Facebook. Obviously you'll be ripped to the tits, that's just the way that gay guys roll, and will look super awesome with a groomed beard and mega fashionable shorts.

CON You'll be topless on the interweb and straight guys will still think you're a complete tonsil.

10 You can share clothes

With your boyfriend. Imagine how seldom you'd actually have to do laundry if you could wear everything in your and your partner's wardrobe once each. That's like half the laundry. Sweet!

CON You'll be gay, which probably means you'll be all hygienic so it won't seem half as good an idea as it seems to us.

11 You can tell your mates you watch *Gossip Girl*

Oh the relief! If you actually watch *Gossip Girl* that is, like some guys do, not us or >



20 reasons

anyone we know, obviously...

CON You'll have to watch *Gossip Girl* if you want to share in the post-show gossip, you can't say that you watch it and then not watch it, because then you'll just be judged by everyone and die a horrible, lonely death.

12 Live rugby is both awesome and romantic

You can take the object of your affection to Loftus, watch the game, perv over the players, have a rock 'n' roll time and have it all considered a wonderfully romantic evening, perfectly finished off with Jägerbombs and Black Labels! It's like the dating twilight zone.

CON You'll be perverting over rugby players, something that feels so horribly wrong it makes us want to take a shower.

13 No worries about unwanted pregnancies

You'll be sleeping with men, who (do we really need to explain this?) are devoid of female reproductive organs... which means you can be as irresponsible as you like and never, ever, ever be in danger of getting that call. No unwanted pregnancies also means no school fees, no 3am feeds, no hangovers with a baby,

and no fighting over whose turn it is to have "me time". Freedom!

CON You'll be shagging men, and men are generally rather hairy and can carry all sorts of nasties. Not cool!

14 Your partner never has PMS

Ever. You'll never have that feeling of walking on eggshells, never get an outrageously over-the-top telling-off for leaving pubes on the soap bar or accidentally chucking your new lumo pink boxers into the white load of laundry.

CON Quite simply there isn't one. No PMS is most certainly a win/win as far as we're concerned.

15 Your bachelor pad doesn't look like a hamster's nest

Stylishly decorated, with cool, contemporary art and beautifully painted walls... that will be your home. Your towels will match your bedding and you'll have a rug that "pulls the room together".

CON You'll probably end up throwing away that vintage Bruce Lee *Enter The Dragon* Poster, which is a crying shame.

16 You both enjoy the same types of porn

Never again will you have the dirty feeling that comes with your girlfriend stumbling upon the three gigs of porn that you have cleverly named "Nrop" on your hard drive.

CON We don't really have to go there, do we? You know what kind of porn you'll be watching.

17 You're very good at making crème brûlée

And all sorts of things with fancy French names that no one else can pronounce, let alone cook. You'll have your interesting friends over and you'll all drink vintage wines, tell wonderfully witty stories and laugh night after night away!

CON All that dinner party washing up! And you'll most likely heap scorn on the brilliance that is an omelette-in-a-cup and other straight-man staples.

18 You never have to beg for anal sex

It's there, all the time, whenever you want it!

CON Being sodomised is one of the most terrifying thoughts imaginable.

19 You can dance

And not just in a nightclub! You can do things like the tango and the rumba and everyone wants to have a whirl with you at weddings! People describe you as "that guy with the magical hips".

CON The only other people who know how to dance like you do are likely to be old and lonely. And you'll idolise George Michael.

20 You probably have a snazzy media job

And make loads of cash. You'll go for boozy lunches, be hip and popular and companies will have bidding wars for your services. You'll probably even win awesome awards named after rare birds. Chances are your partner will be employed full-time too, which (if you decide not to adopt or do the surrogate thing), will make you and your man DINKS (Double Income, No Kids).

CON You will probably have to do actual work (possibly even work overtime!) and dazzle people with your creativity and skills all the time. Way too much pressure. ★



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Fart-lighting. Can't not
affect your facial
expression...


**JACK
PAROW**
PHOTOGRAPHS: MORNE VAN ZYL

Jack Parow hooks up with FHM for SA's annual Braai Day and shows us his culinary skills from the wrong side of the grill!

Braai!

the beloved

country!

South Africans love public holidays! Whether we're celebrating our constitution or our political history, there will always a good reason to take the whole day off, crack open a six pack or three and throw some meat on the grill while pretending to listen to the president address the nation with this speech.

Held on Heritage Day (24 September, which gives us a long weekend this year!) Braai Day aims to encourage South Africans to take part in something loved and shared by all demographic groups. The event was initiated by the Mzansi

Braai Institute in 2005, and in 2007 the good Archbishop Desmond Tutu was appointed patron of National Braai Day.

But enough with the serious stuff! To celebrate Braai Day this year, *FHM* decided to bravely venture to the other side of the *brandewyn* curtain and party, party, party with special friend Jack Parow. Born with a pair of braai tongs in his hands, the Jamie Oliver of Goodwood knows what it takes to pull off the perfect *tjop en dop*.

For Parow, the basic essence of life is making music and cooking meat over an open flame. >

JACK PAROW'S HOT TIPS FOR A FLAMING GOOD BRAAI!

Braai Day is a nice lekker excuse to have a *vetjol* every year!"

"A double brandy and coke is the king of all braai drinks."

"A braai is a place where you can be whoever you want to be, and do whatever you want to do."

"Always have lots of ice, there is nothing worse than running out of ice for your drinks in the middle of a braai."

"Meat seals at a certain temperature, so when marinating, add some marinade sauce again after braaing." [Um, just not the same sauce that the raw meat was lying in.]

"Always have a nice pair of braai tongs... preferably ones that are gold plated... 'cause that's gangster!"

"Try to braai with wood as much as possible, I only use gas when it's raining."

"Always have some Parow Braaisous... 'cause it's gangster!"



To bear testament to that, his new album *Eksie Ou* is all over the air waves right now, and he even has his own brand of braai sauce, Parow Braaisous, on supermarket shelves.

"I travelled all over the world and stuff, and looked everywhere for the perfect sauce, from the foothills of Tibet to the *vlaktes* of the Karoo, from the streets of New York to the backstreets of Goodwood... and finally found the best braai sauce known to man. This sauce is so *gevaarlik*

I have actually replaced my milk with it, so I put it in my coffee and I eat it with my Coco Pops," he says.

So, what are Jack Parow's essential braai rules? Well, besides the fact that his mate Jean Pierre must accompany him to all braais and parties (Jean Pierre, it turns out, is a taxidermied duck), Parow's only rule is there shouldn't be any rules! "Braais are about being free and having fun, you know? Just don't bring something you can't braai,

like eggs or something. And always have lots of brandy and lots of girls. The worst thing you can do at a braai is not actually braai."

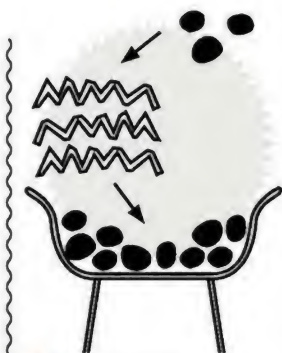
Parow has been around charcoal and lamb chops all his life, and even remembers his first ever braai: his dad set up a braai stand inside their lounge while dressed in his pyjamas. With that level of braai dedication in his blood, who better to turn to for the best tips for a sizzlingly successful Braai Day?

NO FIRE LIGHTERS? NO LIGHTER FLUID?

No problem (and anyway: lighter fluid and firelighters can seep into the flavour of your food). There's a way that you can get those charcoals glowing without resorting to chemicals that could wind up scorching your eyebrows clean off.



1. Take a piece of paper, and roll it across from the corner until you have a thin, cylindrical tube. Make three or four tubes, then fold along them so they're zig-zaggy.



2. Put a base layer of charcoal in your barbecue, creating a 'well' by adding a second layer around the edge. Place the zig-zaggy paper inside the well. Add a few coals on top.



3. Light the paper – the flames should be roaring in no time.

#2 ONIONS: NATURE'S SCOURING PADS

Experienced braai-ers swear by this grill-cleaning tip: while your grill is still slightly warm, rub the flat side of half an onion up and down it. Abracadabra! No more gristly grime – and no more having to frantically scrub away at your grill the next morning like you're trying to get blood and bits of brain off a murder weapon.



PROMOTION



SHAKE IT UP!

DJ MILKSHAKE'S BEATS BRING ALL THE COOL KIDS TO THE YARD!

Loved for the legendary mash-ups he plays on his 5FM Friday night show, *The Shakedown*, DJ Milkshake takes classic hits from a variety of genres to a whole new level with fresh and exciting remixes. Milkshake's music speaks to listeners from all walks of life, from Seapoint to Soweto to Southbroom! The 5FM mixmaster shares some random fun facts about himself with *FHM*!

DJ Milkshake, hi! We dig your name!

Thanks! I got the nickname from my partying days at varsity when I first started playing. One night I'd had a few too many beers and ordered a milkshake. My friends thought it was hilarious and the name has stuck.

What would you do if you weren't a professional DJ?

I'd be a pro golfer, an IT junkie or an adventurer!

Where do you like to party?

The Shakedown is the place where I let loose, the same way I do when I'm behind the decks. Over the show's three hours I basically host a high-octane bash with all my listeners joining the party!

What do you do to unwind?

I'm a sucker for animals and spend hours watching *Animal Planet* and *National Geographic Wild*.

Catch DJ Milkshake on *The Shakedown* on 5FM, every Friday from 10pm to 1am.

For more info on 5FM's line-up, go to 5fm.co.za or [Facebook.com/5FM](https://www.facebook.com/5FM) or [@5FM](https://twitter.com/5FM) on Twitter.

GO 50/50

The "50/50 method" offers the best of both worlds: your meat is perfectly browned — with no burning — and thoroughly cooked through. All it takes is a little bit of coal-shufflin'.



1. Pile your hot coals over to one side of the barbecue (if using a gas braai, turn off the flames on one side).



2. Brown your meat to perfection over the hot coals.



3. Move the meat over to the coal-free side of the grill, and place the lid on. The hot air will circulate, leaving your food cooked but un-scorched.

#3

#4 THE SHOW-STOPPER: BEER-CAN CHICKEN

Looks so wrong, tastes so right! The beer soaks into the meat making it amazingly tender, while the yeast and malt turns the skin deliciously thin and crispy. Trust us: serve this up and you'll be hailed as the all-time braai king.



1. Using a can opener, cut the top off a can of beer. Drink half the beer. Stuff the can up the chicken's butt (don't be shy, now).



2. Cook the chicken using an adaptation of the 50/50 method (tip #3): pile the coals either side of the chicken. A 3kg chicken will take between two to three hours.



3. Once the chicken's cooked, allow it to stand for 10 minutes before using tongs to remove the can. Then carve the meat up while salivating like an imbecile.

#5 CUT PEPPERS LIKE A NINJA

Preparing peppers to be sliced into kebab-sized chunks can be fist-bitingly fiddly. Here's how the pros do it.



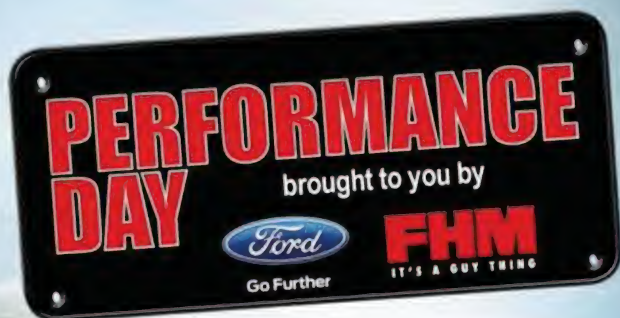
1. Slice off the top and base of the pepper.



2. Make one vertical slice down, from top to bottom.

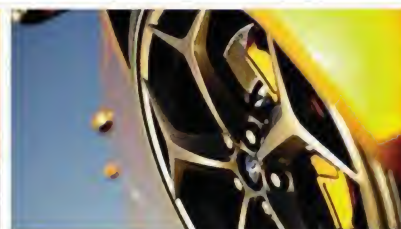
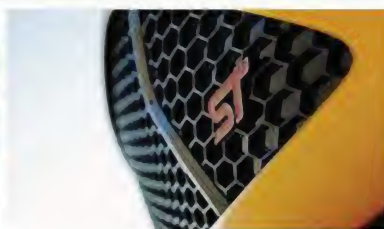


3. Opening the pepper up, slice away the ribs and seeds. You'll be left with a nice rectangular slab, all ready for dicing.



EVER WISHED FOR YOUR VERY OWN *FAST AND FURIOUS* MOMENT? HOW ABOUT WINNING A DAY OF MONSTER SPEED AND FHM MODELS AT ZWARTKOPS RACEWAY?

EPIC FUN WITH FHM & FORD!



Because we love our readers just as much as we love fast cars and sexy women, all *FHM* readers are invited to join us at the *FHM* and Ford Performance Day and the Ford Focus ST showcase at Zwartkops Raceway in Pretoria on 25 November!

The first 250 readers to enter will have VIP access on the day and be

entered into the main prize draw. From these 250 contestants, 10 lucky winners will be chosen on the day. The lucky winners and one of their mates will then get to drive around the track in a Ford Focus ST piloted by a pro driver and with an *FHM* model by their side. The teams of reader, mate, model and pro driver will compete in a variety of cool

challenges to ultimately win the main prize of the day – the chance to pilot themselves around the track!

There will be plenty to enjoy on the day and loads of lovely *FHM* models! So how do you get in? From 1 October to 12 November, visit Ford South Africa on Facebook and fill in your details on the form – it's as easy as that!

Prize excludes transport to the venue, beverages and food and any purchases made at the event. A valid driver's license will be required for all driving related activities. Terms and conditions apply. *For competition rules, visit fhm.co.za/comps

Real science!



Throughout the history of science fiction, film-makers have predicted the gadgets, toys and super-devices of our future. But have they delivered? FHM looks at which flicks have lived up to their promises!

WORDS: JAMES FRANCIS



Flying skateboards, robot suits and new generation toilet paper are just a few of the magical things movies have offered us by way of a glorious

glimpse into an uncertain future where psychic powers, micro-expressions, instant learning and people scoops could form part of our everyday experience. Or not.

At times, the fertile minds behind science fiction have delved a little bit too deeply into the bottomless pool of impossible ideas, leaving us smirking into our popcorn at the idea of virtual sex with an *FHM* cover model. Sometimes though, they've got it bang on... reminding us that fiction is sometimes closer to fact than we think. Here's how the sci-fi heavyweights shape up!

AVATAR (2009)

Fact: Dropships. Some of *Avatar*'s spacey tech was intentionally low-fi in order to combat the poisonous atmosphere on the Pandora moon surface. So while you could find yourself dropped into a tall, blue alien body at the press of a button, armoured troops were dropped off at the shops in the type of aircraft we'll start seeing more of on earth's battlefields soon. Equipped with rotating "tiltrotors", VTOLs (Vertical Take-Off and Landing) aircraft are already in operation on our own planet; the best example being the Bell-Boeing V-22 Osprey, heinously expensive and complicated to fly but a rather fast and dependable heavy lifter, with tilt rotors.

Almost there: Hologram Displays. It must have cost a

lot of unobtainium to buy that fancy holotable in the Resources Development Administration control centre offices, which technically speaking, was actually not a hologram at all but a volumetric display. Today's volumetric displays are nowhere as impressive as those owned by the meddling scientists in the movie, but they are getting there. The University Of Southern California has a device that displays an object in full hovering 3D using an autostereoscopic light field (meaning you don't need to wear silly glasses to get the full 3D effect), which you can even run your hand through, which gives us some hope.

Fiction: Amp Suits. Alas, big stomping robot suits with massive guns as used to wreak havoc in the movie by badass

Colonel Miles Quaritch are not on the cards anytime soon. There are a few prototypes of walking robots doing the rounds, like the BigDog – a scary-looking robot “mule” that walks on four legs (its videos are well worth finding on YouTube), but nothing close to a single-seat tank on two legs.

DEMOLITION MAN (1993)

Fact: Instant Fine Machines. Portable boxes that print out fines every time you utter a dirty word might have annoyed Sly Stallone (as Detective Sergeant John Spartan), but today you can be spot-fined in cities like London (for crimes like littering) by operators on the other side of a camera you never even knew was there. Computer cameras carrying prediction programmes to spot “pre-crime” behaviour that will alert authorities to a crime before it’s happened are on their way to a street corner near you.

Almost there: Virtual Sex. Doing the horizontal mambo is unlikely to lose the required physical interaction elements any time soon. Even a spot of dirty chatroom banter

requires a degree of “hands-on” manipulation, but thanks to the expanding field of Teledildonics (sex toys controlled by a computer), you can already buy special sex-minded gadgets that operate across the net and act as synthetic stand-ins for certain bodily appendages and orifices. Strange? Maybe. But a concerted effort is being made to introduce this technology to lonely soldiers on the frontlines and their homebound wives.

Fiction: The Three Seashells. In the future of *Demolition Man* (circa 2032), loo roll has been replaced by something called the three seashells. While the film never explains how this technology would actually work – viewers along with Stallone himself remain perplexed about how you’re supposed to wipe up (our imagination won’t let us go there) – there is certainly no real-world comparison. Apart from the possibility of an unnaturally comfortable and non-intrusive spray jet bidet, nobody as yet appears to be working on an improvement of the tried-and-trusted, wad-up-and-wipe, two-ply paper version.



Thumb-war training was going well for Sly...

“Special sex-minded gadgets operate across the net and act as synthetic stand-ins for bodily appendages and orifices”



BACK TO THE FUTURE 2 (1989)

Fact: Teleconferencing. When future Marty McFly loses his job, the movie does a rather quaint thing: fax machines all over his house print out the message, “You’re Fired!”. We’re with you – what’s a fax? But at least his boss also gave him the sack in a face-to-face chat over a video screen. (Kids today call that “Skyping”).

Almost there: Self-adjusting shoes. The shoe is not a new technology and neither are the laces you mangle to keep them on your feet. While Marty McFly’s self-adjusting, quick-drying jacket is still a thing of fantasy, his shoes might not be. The Adidas 1 trainer (a running shoe, in fact, made in 2005) adjusted its cushions as you walked. Sadly it broke down more than it worked and the project was canned, but at least that counts as a start.

Nike has also filed a patent for a shoe that adjusts its own straps. In a decade’s time, you might need never trip over a lace again!

Fiction: Flying Skateboards. The problem with things that need to hover is gravity. If you want to rise above the rest, you have to figure out how to get around the powerful force binding all things to this planet’s surface. Thing is, so long as we don’t properly know what gravity is, we can’t properly defeat its hold on us. Some smart people have had a few good guesses, and discoveries of things like the Higgs boson (the “God particle”) might count as a step closer to understanding the mysteries of our universe and how it got here... but until we know for sure, keep oiling those bearings on your terrestrial-bound skateboard.

IRON MAN 2 (2010)

Fact: Touch Table. This one we had before the *Iron Man* movies. And before Tony Stark got himself one, James Bond was already eyeballing M’s in the movie *Quantum Of Solace* (2008). The coffee table-sized “iPad” has actually been commercially available since 2008, when Microsoft released the Surface table (it’s now called PixelSense and made by Samsung). Unfortunately it’s

bulky, needlessly expensive and not as slick as the Hollywood versions. Still, watch this space.

Almost there: Exo Suit. You will not be fighting off alien invaders in your sweet exoskeleton robot-fighting suit any time soon. But if you need to do some heavy lifting or suffer from weak knees, you can buy a HAL 5 (Hybridised Assistive Limb) suit from the Cyberdyne company in Japan. With it you can lift up to five times >



"True, my outfit is vulgar, but my laser-eye thingy is bloody awesome!"

3 Digital strippers are almost a certainty"

the weight you would normally be able to manage. Sadly, getting the suit to fly is not on the cards yet, but the Japanese are smart so we're holding thumbs. Expect to be an extremely popular house-moving mate.

Fiction: Arc Reactor. An amazing contraption, it stopped the premature deaths of both Tony Stark's heart and Robert Downey Jr.'s movie career. Compact and clean, it is the ultimate power source of the future. If we had anything like that, hippie types could stop accosting us for not owning a wind turbine. It's not an impossibility – one day existing earth elements like Thorium (a naturally occurring chemical with radioactive properties) might live up to the challenge as a substitute for nuclear fuel.

BLADE RUNNER (1982)

Fact: Micro-expressions. Harrison Ford catches rogue androids with the Voight-Kampff test, which measures stuff like pupil dilation and blush response. The test works on the same principle as micro-expressions, which

were popularised by the Tim Roth-starring TV show *Lie To Me*. A small twitch of your eyelid might foretell a lie and the slightest flaring of a nostril might belie your inner anger issues but with today's high-speed cameras, these tell-tale signs of what's really on your mind, aren't too hard to spot.

Almost there: Synthetic Genetics. Since decoding the human genome, science has been able to make genetic drugs aimed at curing specific illnesses. Decoding the bits of other organisms, such as viruses, have also become commonplace and not long ago someone made the world's first "synthetic" organism in a lab. Soon enough you might order your own custom-designed lab-made Labrador!

Fiction: Flying Cars. Sure enough, some people have designed "flying cars" but, if everyone is honest, they are actually closer to drivable aircraft than they are cars that can fly. Functional cars that can float, hover, take-off and land while looking cool? We've got nothing that comes even close.

TOTAL RECALL (1990)

Fact: Autonomous Taxis. Even those lost tribes in the Amazon have probably heard of Google's self-driving fleet of cars. Now, a bunch of clever Germans have taken things a step further with FU-X: an >

STARSHIP TROOPERS (1997)

Fact: Bionic Hands. Amputees are no longer excluded from the war effort in this dystopian, bug-filled future. Instead, the previously-disabled can sport cool, gauntlet-like, robot hands capable of all kinds of acts of war and modern DIY. Modern prosthetics have risen to match this feat with inventions such as the i-Limb hand from Touch Bionics. The U.S. Military is also working hard on making limbs that will get their soldiers (who have lost their own limbs on the battlefield), back in action in no time at all.

Almost there: Super Casts. Medical science is getting closer to body casts that will put your broken arm right back into action almost immediately. Modular casts, and other new tech advancements in this area, have accelerated the healing of broken bones and expanded things like mobility and functionality of humanoid limbs to surprising levels. There is even a new prototype cast currently in action that sends medical feedback to doctors in real-time, as the healing occurs.

Fiction: Psychic Powers. The existence of mind-over-matter powers has been speculated over ever since a caveman first sought an easier way to lift a heavy boulder. Sadly since then, disregarding football-loving molluscs, proof of the existence of psychic powers has been inconclusive, at best, and at worst total bunk. Researchers do admit that there are some gaps in the functioning of the human brain which they cannot explain. For example, nobody knows what "consciousness" really is, or why you can sense it when someone stares at you from behind your back.



Biebermania! Not even the armed forces are immune...



FHM

NOVEMBER 2012

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BEACH BODY TIME!

HOW TO GET BUFF
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FOREPLAY!

A STEP-BY-STEP GUIDE TO
GETTING HER IN THE MOOD!

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ON SALE 24 OCTOBER!

automated Volkswagen taxi that you can hail using your iPad. How cool?

Almost there: Holo

Trainers. Sharon Stone kept her lithe figure using the virtual tennis trainer hologram in her apartment. While real holograms are hard to energise, “fake” ones – also called volumetric displays (see *Avatar*) – are picking up pace. Places like the Human Media Laboratory in Canada, makers of bending displays and touch-screen globes, have used gaming tech like the Xbox360 Kinect camera to push these “holofakes” into new realms that the makers of Nintendo Wii can only dream of. Digital strippers are a certainty!

Fiction: Implanted

Memories. Today we know that the brain’s idea of storing and locating memories works about the same way as you trying to find your keys on a Monday morning. This is why you might remember a shirt as being red when it was actually blue (or that your keys are in your pocket, not your fridge). Memories are quite untrustworthy and the tropes often associated with memory implants, such as hypnosis, rarely really work and remain controversial.

Some people have to learn the hard way that messing with Bakkies ends in you eating through a straw.



THE MATRIX (1999)

Fact: Body Electrics. In the movie, the sentient machines that have taken over earth use some sort of fusion to reap our bodies’ bioelectrical currents. In the real world such efforts would be pointless: the human body generates roughly enough harvestable juice to light up an LED light for a few seconds. But the

sentient machines would be able to syphon power from our body heat. This tech is still very immature in its development, but it does work. Another interesting project uses the kinetic power generated by people walking on pavements. So if the machines simply took over all the gyms and pavements in our cities, they could do away with the messy “person in a pod” system portrayed in the movie and be running on power generated by us as we go about our normal lives, largely unaware. Eskom should take note.

Almost there: EMP. It is generally assumed that electromagnetic pulses (EMPs) – capable of disabling electronics – are actually commonplace. But if a military has something out there that can plunge a city the size of Jo’burg into full-scale blackout by flipping a switch, nobody’s talking about it. The best way to manufacture an EMP is to detonate a nuclear device, preferably in the atmosphere.

Given how touchy people are these days about setting off nukes in the atmosphere war-by-EMP is not likely to be on the cards anytime soon.

Fiction: Instant Learning.

Ah, if only you could plug a chip into your brain and instantly learn how to do something. While that trick might work with a looming exam, it’s unlikely you’ll ever learn to fly a helicopter using this tech. Apart from the convoluted way that our brains store information, there’s stuff like muscle memory – pathways that are vital for allowing us to do things we have learnt mostly through repetition, but not stored in the brain (such as riding a bike, or typing on a keyboard). Some experiments have shown that we can almost transfer knowledge by copying other people’s brain patterns, but odds are that your great-great-great grandchildren will still have to cheat at their maths exam just like you did in order to pass. ★



Strauss really wasn't keen on facing Dale Gribble.



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THE A-Z OF FIFTY SHADES

TEACH ME A LESSON

FHM penetrates the potty-mouthed publishing phenomenon that's warping your girl's sex drive (for the better, most likely!)

WORDS: JOE MADDEN & STUART HOOD PHOTOGRAPHS: ZOE MCCONNELL



a ANASTASIA STEELE

Steele is the central protagonist of EL James's *Fifty Shades Of Grey*, the kinky book that's twisting the knickers of women worldwide. An innocent virgin student who's drawn into the dark world of sadomasochistic sex by billionaire, Christian Grey. Before Anastasia knows it, she's up to her clamped nipples in spanking, bondage restraints and juddering climaxes. But the pair's torrid romance is doomed, because Christian is a massive intimacy phobe, on account of his mom being a crack whore or something. There you go, we've just saved you 514 pages of reading.

b BDSM

Mistress Scarlett Thorne has been a professional dominatrix for 10 years. She tells *FHM* how those within the BDSM (bondage, domination, sadism and masochism) scene view the *Fifty Shades* ruckus.

So, Mistress Thorne, *Fifty Shades Of Grey*... whaddya reckon?

"I don't really have much stomach for fictional accounts of a world that is very much a reality for me. I am pleased, however, that BDSM has finally become a subject that isn't just whispered about."

Are you braced for an explosion of interest in BDSM?

"Hopefully any explosion will be limited to those who would've naturally progressed to a BDSM lifestyle anyway. No matter how a book paints it, BDSM is definitely not for everyone, and it's not something you should have to do to please your partner."

How do you feel about suburban housewives dabbling in a watered-down version of your lifestyle?

"Experimentation is great: too many women have been far too prudish for far too long. Men with 'deviant urges' have been forced to visit dominatrixes and prostitutes for centuries, so women finally realising that a blowjob once a month may not be enough can only be a good thing. But I can't emphasise the following enough: always have a safety word [see "S is for Safety Word"] and don't do something if you don't fully know what you're doing!" >

C

CELEBRITY FIFTY SHADES FANS

Sexy celebs who have been bitten by the *Fifty*

Shades bug include Selena Gomez, Eva Longoria, Cheryl Cole, Kristen Stewart, Emma Stone and Charlize Theron. Have they all been taking matters into their own hands while reading it? We'd like to imagine that yes, they have.

d DR DREW

One of *Fifty Shades*' most outspoken critics has been American TV-celeb Dr Drew. Discussing the book recently on his popular, *Oprah*-style show, Drew attacked it as "disturbing," "worrying" and "pathological", and proclaimed its depiction of a submissive virgin ensnared into a life of sex toys, sodomy and spanking was, "No sort of model for a reasonable relationship", thereby disappointing his legions of housewife viewers, many of whom will have been daydreaming about being swept off their feet by a perverted masochist hunk with mental problems.

e EVERY WOMAN IN THE WORLD HAS READ IT

Well, alright, not every single woman, just yet, but give it a few months. *Fifty Shades* has now shifted well over 20 million copies... factor in women who have lent their copy to a friend (word-of-mouth has played a huge role in the book's success) and numbers could reach one-in-five women having read it! Which, quite frankly, is totally bananas.

f FAN FICTION

Fifty Shades Of Grey actually started out as *Twilight* fan fiction, penned by EL James under the name "Snowqueen Icedragon" (fan fiction being the type of stories that obsessive fans write about their favourite pop culture characters and then post online. They generally tend to be pretty rude, i.e. Spock and Kirk have bum sex, that kind

of thing). James took out all the vampire references, swapped the names Bella and Edward for Anastasia and Christian, and Bob was very much her uncle.

g GOSLING?

As if every girl in the world wasn't already annoyingly obsessed with Ryan Gosling, things are set to become even more Ryan-shaped if Hollywood rumours prove to be true and the *Drive* dreamboat is signed up to play S&M billionaire sex god Christian Grey. Bookmakers William Hill currently have Gosling down as the 2:1 favourite for the role; *Vampire Diaries*' Ian Somerhalder is next at 5:2; while Michael Fassbender from *Prometheus* is third in line at 3:1. Place yer bets, ladies!

h "HOLY COW!"

Anastasia's endlessly annoying catchphrase, this daft exclamation of gee-golly surprise crops up every four pages or so, with the occasional variation thrown in: "Holy crap!", "Holy hell!" and – language, Anastasia! – "Holy fuck!"

i IT REALLY IS FILTHY

"He flicks the crop, and it hits me underneath my behind, against my sex. My nipples harden and elongate from the assault, and I moan loudly, pulling on my leather cuffs." Holy cow!

j JAMES, EL

EL James (real name Erika Leonard) has earned over R85 million in just a few months from her *Fifty Shades* trilogy – and that's discounting all the loot she'll pocket from the movies and various merchandising deals. To put that in some sort of perspective, the average author earns around R234 000 annually from their books, and is most probably fist-bitingly envious of James.

k

KNOB

According to EL James's mucky descriptions, Christian Grey has an enormous knob. So vast, that upon first seeing it loom into view, a petrified Anastasia fears that it'll never fit inside her bajingo. "His erection springs free. Holy cow! He kneels and pulls a condom onto his considerable length. Oh no – will it fit? How?!"

l LUCY HALE

The 23-year-old British actress – the pixie-faced star of such fodder as *The OC* and *Pretty Little Liars* – is a front-runner to clinch the role of Anastasia Steele in the upcoming *Fifty Shades* movie adaptation. Who wants to see Lucy spanked to a quivering climax? Everyone, that's who. Everyone everywhere.

m MUMMY PORN

Every yummy mummy and her nanny is reading *Fifty Shades*, but is this all good news for books in general? *FHM* spoke to Scott Pack, a publisher at Harper Collins. **Are we about to see a wave of cypcat porn-for-ladies books?**

"Definitely. Remember when Dan Brown's [*Da Vinci Code* writer] books took off? Suddenly, every book out was a thriller with 'Code' in the title. It's lazy, but it works."

What's the next big thing in lady-slapper literature?

"Get set for a backlash! At least half-a-dozen books taking the piss out of *Fifty Shades* are coming out in the next month."

So has *Fifty Shades* been good for the publishing industry?

"The literary end of publishing thinks it's a disaster, because the book isn't very well written. But the rest of us think it's fantastic, as it'll lead to more people becoming regular readers in the future."

n NIPPLE CHEWING

The first bit of action happens on page 115, when Christian Grey chews Anastasia's virgin nipples with such skill that she has an orgasm. That is some ninja-level boob-chomping!

The Swedish ladies' ping-pong team are determined to win gold at the next Olympics...



O Written by Pauline Réage in 1954, the hugely popular and controversial *Story Of O* was basically *Fifty Shades Of Grey*, except 60 years ago. In it, a beautiful young woman is trained in punishment and bondage by her mind game-playing boyfriend. Sound familiar?

p PARODIES Twitter is teeming with *Fifty Shades* parody accounts, some witty, others just filthy. We like @50ShadesofShit, @50ShadesofAndyGray and @50ShadesofGrey, who came up with this classic tweet: "Hurt me," she begged,

raising her skirt as she bent over my workbench. "Very well," I replied, "You've got chubby ankles and no dress sense."

q QUARRELLING COUPLES Within some couples, *Fifty Shades* has become a bone of contention, with guys getting huffy about their lady

friends reading such sensational smut. Thirty-one-year-old Raymond Hodgson was so incensed by his girlfriend reading it that he squirted HP sauce in her face, in order – he told police – "to show her what saucy really meant". He promptly received a R1 300 fine and six months of community service.

r READERS So, what's the appeal of *Fifty Shades*?

"God knows. It is so badly written, but you cannot put it down. It's horribly addictive." Lucy, 23

Would it still be readable without all the porny bits?

"Erm... yes, I think so. It's still a pretty good love story. Actually... maybe not. No. Nah, it'd be terrible." Lauren, 23

Would you be happy if your boyfriend started reading it?

"No. That would be weird. The sex stuff isn't for boys. It was written by a woman, for women." Georgina, 24



Modern-day masochists, lank diet-conscious...

S **SAFE WORD**
If *Fifty Shades* has inspired your missus to get experimental with the whips and chains, you'll need to agree on a safe word: a short phrase that either of you can yelp out to halt the fun and games if they're getting too intense. According to a 2011 sex survey by magazine *The Scope*, the five most popular and oddly, fruit-themed) safe words are: "banana", "red", "pineapple", "vanilla" and "apple".

t **TRILOGY**
Read all three books in the *Fifty Shades* trilogy all the way through to the end and EL James herself comes round to your house to give you a celebratory crack over the nipples with a riding crop.

u **UNDERWEAR**
This month sees the first pieces of *Fifty Shades* merchandise hitting shops worldwide. Aside from the inevitable his'n'hers underwear, merchandising masterminds CopCorp Licensing warn us to brace ourselves for *Fifty Shades* T-shirts, wallets, key-chains, ties, socks and stationary. Bring on the bondage biros and naughty notebooks!

V **VANILLA SEX**
Vanilla sex refers to super-straightforward, kinkiness-free copulation – the kind

of dreary missionary sex that people trudged through before *Fifty Shades* was published and turned us all into edgy, masked pain addicts. What it's not is a sexual act performed on an ice-cream cone. That's called a soft serve. Add a spoonful of filth and it's called a "soft serve with a flake in it".

W **WANKING**
The success of *Fifty Shades* has brought a seldom-discussed subject out into the open: that of women enjoying a nice, relaxing wank. There can be little doubt that many EL James readers are gripping their Kindle in one hand while playing the ukulele with the other. Once deemed a shameful sin, female self-diddling has become ever more accepted with every new generation. Hoorah!

X **MARKS THE SPOT**
Does your girl have *Fifty Shades* fever? BDSM expert Mistress Scarlett Thorne explains how to spank bum cheeks like a pro...

Using your hand
"Start by lightly stroking, caressing and tapping your fingers around the whole bum area. Then begin slapping lightly on each cheek, before building up to a nice firm spanking. Cupping your hand slightly makes a good loud noise but delivers less pain; a flat hand makes less noise but leaves a good, red hand-print."

Using a paddle
"Warm her up with your hand, then take your paddle and start with gentle slaps, making sure you hit the 'fleshy' bit of the bottom rather than the backbone, thigh or privates. Again, start slowly, building up the force as she gets more into it."

Using a whip
"Practise on a pillow first: you need to have a good aim. After establishing a safe word (or a signal, if she's gagged), bend her over, make sure your stance is strong, and begin whipping, tickling and teasing the fleshy part of the bottom. Don't put too much weight behind your strokes as you could draw blood."

Going freestyle
"A wooden spoon or a spatula from the kitchen can make a great impromptu paddle. Enjoy and be safe!"

y **YARDS AND YARDS AND YARDS OF ROPE**
There was a 1 000% rise in clothesline-rope sales reported by New York hardware stores last month, as fans sought to emulate scenes from the book.

Z **ZZZ.** Anastasia's main bone of contention with Christian is that he refuses to sleep with her after their crazed lovemaking sessions, on account of his crippling intimacy issues. We'd imagine that this area of the book is what the movie adaptation will focus on rather than all the other, erm, stuff. ★

BEGINNER'S GUIDE TO BDSM

Keen to try a little *Fifty Shades* re-enactment? Best you be prepared... FHM teaches you the basics

Yes, we agree that *Fifty Shades of Grey* is horrendously badly written and utterly unrealistic, but whatever your take on the book, there's no denying that EL James has put the dark, shadowy and often-misunderstood world of BDSM (bondage, domination, sadism and masochism) firmly in the spotlight – so much so, that your lady may soon be begging you to “spank me, baby”. As kinky as it might sound, true BDSM isn't all fun and games. Read on if you think it might be something you want to pursue...

1. Get her to read the book if she hasn't already. In all likelihood, your girlfriend/wife/neighbour/colleague will suddenly start getting those same clenching feelings Anastasia keeps describing. The majority of guys polled in the UK reported they couldn't keep up with their ladies' sudden insatiable appetites.

2. Now discuss what sorts of kinky things you might like to try. Apparently it's not advisable to go into too much detail. The whole point, the fun, is that your “submissive” shouldn't really have any idea what might be about to happen to her. Or maybe you want to be the submissive.

3. Establish limits. BDSM “experts” distinguish between hard and soft limits. A hard limit is something totally not negotiable, like not having a spider crawl all over you while you're trussed up like a Christmas roast. Many actually put hard and soft limits in writing, sign these and get the other person to memorise them. Things like, “no fire, no sharp objects, no feathers, nothing that leaves a mark on the skin,” are all normal hard limits. Soft limits are the things you can take, to a point. Maybe she's okay with being

spanked or having candle wax dripped down her back, but she'll tell you when you need to back off.

4. Choose your safe words. You may be the one tying the other person up, doing whatever you can imagine, but it's the submissive who actually has the power to slow things down by using safe words. The negotiation of power is a very subtle affair and it's been found that many committed BDSM couples have strong relationships because they communicate better about everything in general.

5. The element of surprise is crucial. Blindfolds, for example, heighten eroticism. In *Fifty Shades*, Christian Grey deprives Ana of her sense of hearing, too, by playing music to her through earphones. Some senses are diminished, so the rest feel heightened.

6. Using restraints is intended to build trust. When the only thing she can move is one finger or the only power she has is saying “red”, she'd better be able to trust you, especially when you start taking weird implements out of a leather bag.

7. Gagging is only for the really experienced. With a gag she won't even feel that she can scream, never mind say her safe word. Be sure she can still make a clear signal of some kind.

8. Sadomasochism is not what it sounds like. If you just like inflicting pain for its own sake, you're sick. And masochists dislike the dentist as much as everyone else. It's only in a sexual context that pain takes on a whole new quality. Getting slapped or lightly whipped can be a huge turn-on, creating a heady mix of hormones and brain chemicals that anthropologists say were even used by ancient cultures thousands of years ago to induce trance-like states.

9. Girls are less fragile than you think. Just remember that safe word. If she says “red!” and you keep going like a Jo'burg motorist through a red light at midnight, then you deserve to go to jail.

10. Remember that BDSM “play” extends beyond the bedroom. You can decide to role-play all week, where she is the submissive who has to agree to

everything you want. But if you're a dick about it, she'll stop playing. Use it as an excuse to challenge her to try things outside her comfort zone, but these things need to be fun for her too. That's what role-play means.

11. BDSM is only partly about having sex. A lot of BDSM parties happen without any sex at all, because the point is to play out scenarios of sensory deprivation or overload, while honing your powers as a convincing dominant or a willing, fully trusting submissive. Heightened anticipation just makes the sex all the more explosive when it does happen, and she'll allow you to go further if she truly accepts you're not an insane sex-fiend who's just been waiting for his chance to finally have her naked and tied to a swing.

HOW TO BE JUST LIKE CHRISTIAN GREY!

- Be ridiculously young, rich and handsome.
- Be ridiculously efficient in every way, from running multinational corporations to playing the piano to suspending women from your bedroom ceiling.
- Be ridiculously horny all the time, and have a ridiculously large penis.
- Be ridiculously controlling and jealous and moody and a stalker.
- Be ridiculously formal to the point that you still call the woman you've just stuck butt plugs into by her surname, even after three months.
- Be ridiculously sadistic, but sweet at the same time.
- Be ridiculously humourless (as in, be ridiculously proud that you cannot even tell one joke).
- Be ridiculously able to climax at the same time as a your lover, every time, and then again a few times right after that.
- Be so psychologically damaged by your youth that you make Dexter look well-adjusted.
- Wear a grey tie.

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WHAT HE'D WEAR

- 1 Sneakers, Jeremy Scott for Adidas, estimated price R1800
- 2 Wind runner, Supremebeing, R900
- 3 Board shorts, Scotch & Soda, R999
- 4 Underwear, Diesel, R399
- 5 Flip flops, Superdry, R299
- 6 Sunglasses, Von Zipper, R950
- 7 Aztec Flex Racer HM, Reebok, R1000
- 8 Woolworths King Pin EDT, R150
- 9 Low rider, David Bruce, R8 999
- 10 Sneakers, Fila, R300

Opposite page: Kimono, Jeremy Scott at Adidas, price on request
Sweat pants, Canterbury, R549
Sunglasses, Dolce & Gabbana at Sunglass Hut, R6 490



FHM COLLECTIONS

Shirt, Dow Jones at Edgars, R300
Shorts, Canterbury, R429
Rugby ball, Canterbury, R399



The rugga bugger

If you're made of tough stuff!



WHAT HE'D WEAR

- 1 Polo shirt, Polo at Edgars, R499
- 2 Letterman jacket, Canterbury, R549
- 3 Leather hi-tops, Puma, R1999
- 4 Atlantic Fishing Supplies cap, Icon Brand, R250
- 5 PT shorts, Octane, R600
- 6 Suede sneakers, Zoom, R899
- 7 Privater Militär Körperschaft T-shirt, St Goliath, R300
- 8 SA Rugby Shield Men, R15
- 9 Bag, Canterbury, R399
- 10 Sneakers, Adidas, R749
- 11 Socks, Superdry, R129



The geek

Bringing back the chic!

Shirt, Lacoste, **R995**
Chinos, Black Seal, **R600**
Belt, Daniele Alessandrini, **R440**
Spectacles, Specsavers, **R850**



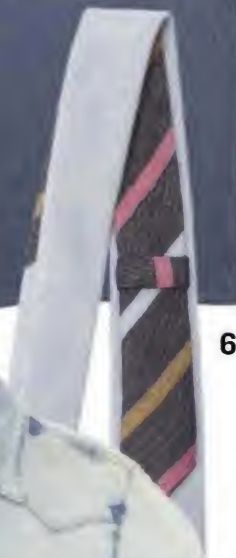
WHAT HE'D WEAR

- 1 Shirt, Baldini at Eurosuit, R399
- 2 Shirt, Ben Sherman, R879
- 3 Shirt, Superdry, R1099
- 4 Canvas bag, Adriaan Kuiters, R250
- 5 Canvas sneakers, Superga, R450
- 6 Watch, Victorinox at Picot & Moss, R6500
- 7 Chinos, Superdry, R999
- 8 Suede sneakers, Onitsuka Tiger, R759
- 9 Brogues, Zoom, R799
- 10 Grey leather and suede sneakers, Onitsuka Tiger, R799
- 11 Suede sneakers, Reebok, R800

Entrepreneur

Taking over the world has never looked this rad!

T-shirt, Silent Theory, **R200**
Shirt, Off the wall Vans **R299**
Chinos, Superdry, **R999**
Belt, Daniele Alessandrini at Spagetti Mafia, **R690**



WHAT HE'D WEAR

- 1 Sneakers, Supremebeing, R550
- 2 Suede hi-tops, Adidas, R1399
- 3 T-shirt, Silent Theory, R200
- 4 Jacket, Truworths Man, R650
- 5 Nivea for Men Skin Energy Instant Effect Q10 eye roll-on, R85
- 6 Tie, Ted Baker, R600
- 7 Barrel bag, Superdry, R999
- 8 Chinos, Country Road, R699
- 9 Denim shirt, Scotch & Soda, R1699
- 10 Suede hi-tops, Mini for Puma, R129
- 11 Chino shorts, Ben Sherman, R1299
- 12 Wind jacket, Black Seal, R1300
- 13 Suede hi-tops, Zoom, R1199

The rocker

Threads that'll make the groupies go bananas!

T-shirt, Ben Sherman, **R449**
Skinny jeans, Black Seal, **R1200**
Belt, Daniele Alessandrini at Spagetti Mafia, **R690**
Watch, Fromanteel at Infinite 6.0, **R7999**



WHAT HE'D WEAR

- 1 Leather hi-tops, Superga, R800
- 2 Vest, Black Seal, R300
- 3 Shirt, Ben Sherman, R849
- 4 Skinny jeans, Vans, R599
- 5 White leather hi-tops, Diesel, R1299
- 6 Jacket, February at Spaghetti Mafia, R1740
- 7 Neutrogena Men Age Fighter face moisturiser with retinol SPF 15, R95
- 8 Black sunglasses, Von Zipper, R950
- 9 Skinny jeans, Black Seal, R3299
- 10 Canvas hi-tops, Soviet, R280



The surfer

Style just got some soul!



WHAT HE'D WEAR

- 1 Board shorts, Scotch & Soda, R999
- 2 Shirt, Robert Daniel, R950
- 3 Sunglasses, Hout Couture, R895
- 4 Flip flops, Superdry, R299
- 5 Polo shirt, Ben Sherman, R749
- 6 Shorts, Country Road, R399
- 7 Tropitone Acti-Sport Sunscreen Spray SPF 15, R60
- 8 Canvas sneaker, Superga, R450
- 9 Shorts, Country Road, R399
- 10 Running shoe, Reebok, R1000
- 11 Mexican sugar skull flops, Beach Religion, R300

FHM COLLECTIONS

Cap, St Goliath, **R250**
Shirt, Thomas & Benno, **R850**
Jeans, Supreme Being, **R1300**
Belt, Vans, **R199**

The skater

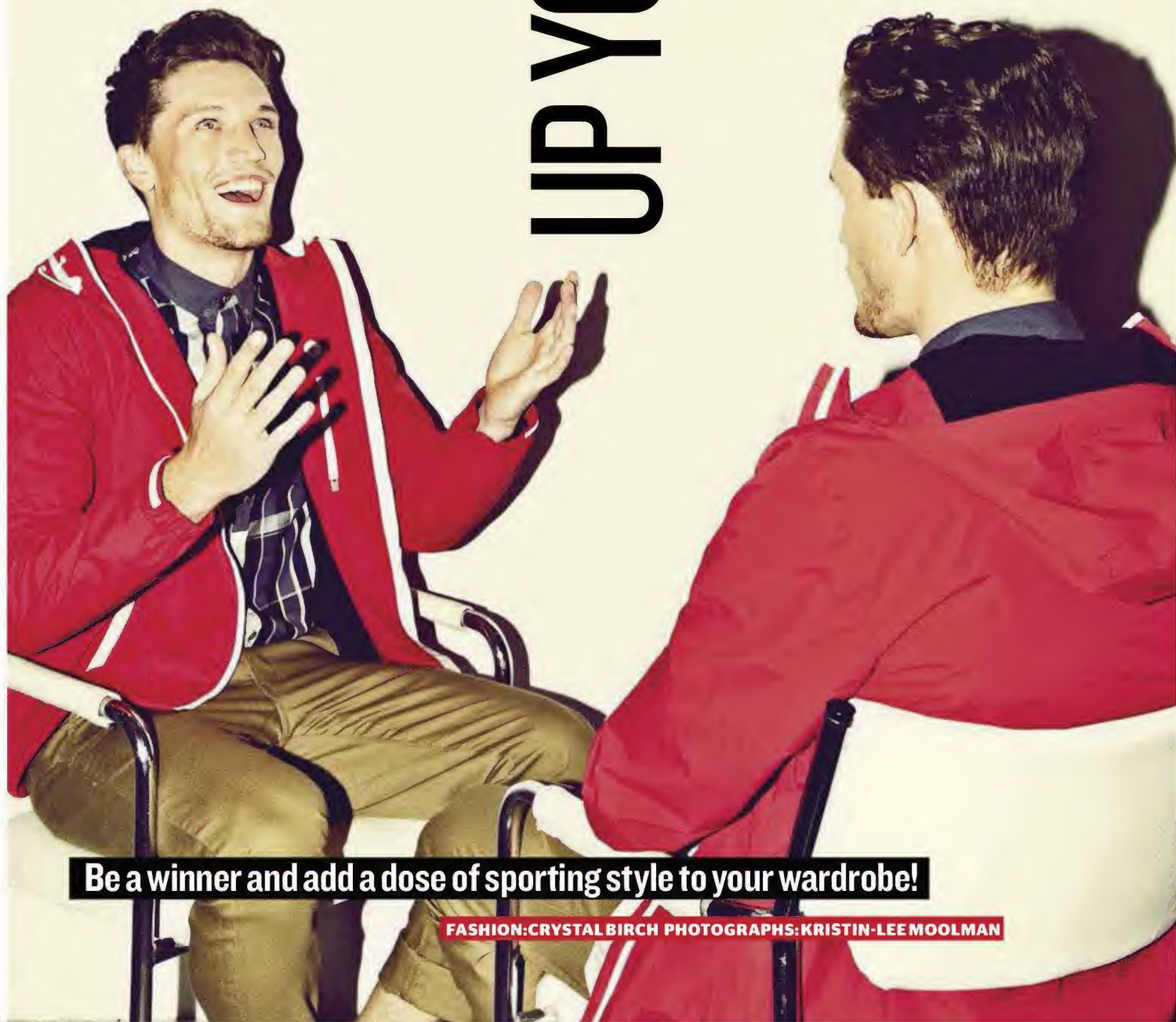
Properly decked for the next rail slide!



WHAT HE'D WEAR

- 1 Headphones, Skullcandy, R1999
- 2 Sneakers, Vans, R499
- 3 Cap, Icon Accessories, R250
- 4 Skateboard deck, Luvu Skate Decks Travys Owen, R750
- 5 Sports watch, Luminox, R4350
- 6 Skinny jeans, Levi's Commuter, R799
- 7 T-shirt, Deacon, R300
- 8 Polo shirt, Ben Sherman, R599
- 9 Sneakers, Adidas, R699
- 10 Hi-tops, Superdry, R1250
- 11 Axe Dry Excite Dry Action Roll-On Antiperspirant, R15
- 12 Belt, Vans, R199

UP YOUR GAME



Be a winner and add a dose of sporting style to your wardrobe!

FASHION: CRYSTAL BIRCH PHOTOGRAPHS: KRISTIN-LEE MOOLMAN



THIS PAGE
T-shirt, Adidas at Edgars, **R200**
Shorts, Caterpillar, **R799**
Shoes, Lacoste, **R1295**
Bag, Bensimon, **R1490**

OPPOSITE PAGE
Shirt, Puma, **R799**
Jacket, Supremebing, **R1500**
Chinos Levi's Commuter, **R999**





THIS PAGE
Vest, Woolworths, **R120 for pack
of two**
Pants, Jeremy Scott for Adidas,
price on request
Sandals, Adriaan Kuiters, **R720**
Watch, Nixon, **R1300**

OPPOSITE PAGE
Polo shirt, Raf Simons at
Spaghetti Mafia, **R890**
Wind Jacket, Puma, **R899**



THIS PAGE

Two-tone vest, February at
Spaghetti Mafia, **R440**
Two-in-one shorts, Puma, **R699**
Hi-tops, Jeremy Scott for Adidas, **price
on request**

OPPOSITE PAGE

T-shirt, Reebok Crossfit, **R400**
Sunglasses, Dolce & Gabbana at
Sunglass Hut, **R6 490**





FASHION ASSISTANT: ANÉ STRYDOM. GROOMING: TONI GREENBERG. MODEL: ROBERT WESTERGAARD/BOSS MODEL MANAGEMENT.
JEREMY SCOTT NOT AVAILABLE IN STORE. LIMITED EDITION ONLY.



THIS PAGE
Leather Jacket, St Goliath, **R1000**
T-shirt, Alternative Apparel at
Spaghetti Mafia, **R660**
Skinny Jeans, Black Seal, **R1100**
Knee pads, Pro-Tec at Vans Store, **R299**
Hi-tops, Jeremy Scott for Adidas, **price on request**

OPPOSITE PAGE
Jacket, MGD at Spaghetti Mafia, **R1260**
Vest, Silent Theory, **R190**
Shorts, Ben Sherman, **R799**

HIGHER-GRADE grooming

A shower 'n' shave just doesn't cut it anymore! We've rounded up a bunch of the best to help take you to the next level of looking good



Lab Series Power Brightening eye balm, R300

Aramis reckon their breakthrough complex, +DR4, can combat all the causes of dark under eye circles and puffiness. Slick it on both morning and night.

Clarins Men Line-Control balm, R395

Smooths out lines and wrinkles, tightens up saggy chins and karate chops skin cell damaging free-radicals.

Kiehl's Facial Fuel Eye De-Puffer eye stick, R269

Formulated with energising caffeine and revitalising herbal extracts, this'll help you fake eight hours of pillow time (even if you spent all night propping up a bar).

L'Oréal Men Expert Hydra Energetic Turbo Boost Recharging moisturiser, R140

Slept at your desk? This guy uses revitalising vitamin C and caffeine to act like an energy drink for your face. Another plus? Super soothing ingredients help beat razor burn.

Kiehl's Facial Fuel Transformer Age Correcting moisture gel for men, R379

A lightweight non-greasy gel infused with vitamin-rich blue algae, this promises to hydrate while reducing the appearance of fine lines and large pores.

L'Oréal Men Expert Vita Lift 5 roll-on eye treatment, R140

Much like the moisturiser, this blasts those tell-tale signs of aging around your eyes, while its nifty metal roller ball helps break up any under eye puffiness.

WORDS: LEIGH VAN DEN BERG. PHOTOGRAPHS: RIANA VOGEL.

MOISTURISING YOUR FACE ON A DAILY BASIS WILL HELP AVOID PREMATURE WRINKLES AND FINE LINES, AND COULD EVEN PREVENT SKIN CANCER!

IF YOU'VE WOKEN UP WITH EXCESS BAGGAGE, USE YOUR FINGERTIPS TO GENTLY PAT YOUR EYE CREAM UNDER YOUR EYES, WORKING FROM THE INNERMOST TO THE OUTERMOST CORNER



Nivea For Men Oil Controlgel moisturiser, R85

This is your solution to long-lasting shine control while salicylic acid helps blitz the bacteria that causes breakouts.

Lab Series Power Brightening serum, R380

This powerful blend of lightening ingredients includes vitamin C and mulberry extract to help even out skin tone. It's feather-light, so you won't turn into an oil slick.

Decleor Men Essentials Eye Contour Energiser eye cream, R445

A merry mix of skin-soothing essential oils that'll help rehydrate, de-puff and brighten up your eye area while smoothing out fine lines and wrinkles.

Nimue Man Rejuvenate Active Complex anti-aging moisturiser, R359

This guy's alpha hydroxy acids (AHAs) help speed up skin cell turnover rate. It's kind of like a chemical exfoliator to help reveal fresher, brighter-looking skin.

L'Oréal Men Expert Vita Lift 5 complete anti-aging moisturiser, R140

Thanks to Pro-Retinol 5, this'll help fend off five signs of aging; dryness, dullness, loss of firmness, puffiness and wrinkles. Consider it in an all-in-one anti-aging ninja bomb.

Clinique Skin Supplies for Men Dark Spot Corrector serum, R555

Struggling with uneven skin tone? This contains a blend of ingredients proven to help you lighten up within four weeks. Plus, tests show it reduces ingrown hairs.

BODY chemistry 101

Check out this brilliant bunch of highly-evolved lotions and potions to help you hydrate, beat the heat and smell awesome!



Nivea Sun Moisturising sun spray SPF 30, R140

Fend off the sun's most dangerous rays while hydrating your skin at the same time with Nivea's newest sunscreen. The handy spritzer-gun makes it easy to apply.

Axe Dry Excite dry action antiperspirant spray, R120

Keep your underarms feeling fresh and dry while smelling great thanks to Axe's new scent, Excite: a sexy blend of coconut, hazelnut and caramel.

Ultrasun Sports spray SPF 50, R260

Despite its super high SPF, this won't leave a white residue on your skin. It's also non-greasy yet resistant to water, sweat and friction. A must for anyone who spends a lot of time outdoors or has very sensitive skin.

Issey Miyake L'eau D'Issey pour Homme EDT, R595 for 125ml

Yet another re-incarnation of Mr Miyake's best-selling original, this one captures the spirit of a summer by the sea. Bring on summer!

Vaseline Men Cooling body lotion, R18

Specially formulated with men in mind, this hydrates your skin and restores the minerals it loses through daily activity. It's also got a nice dash of menthol to help cool you down after an extra long gym session.

Ferrari Red Power EDT, R595 for 75ml

An easy-to-wear, fresh citrusy scent with just a hint of spice, this is dedicated to the "authentic Ferrari man". Which would be you, obviously.

WE THINK THIS BOTTLE LOOKS LIKE A COOL PROP FROM A STAR WARS MOVIE. OH! AND OLYMPIC GOLD MEDALLIST OSCAR PISTORIUS IS THE FACE OF THE SCENT

HERE'S HOW LONG YOUR SUN SCREEN'S GOING TO WORK: THE AMOUNT OF TIME IT TAKES FOR YOUR UNPROTECTED SKIN TO BURN IN THE SUN, MULTIPLIED BY THE SPF, AND YOU'VE GOT YOUR TIME IN MINUTES



**Thierry Mugler
A*MEN Pure Shot
EDT, R860 for
100ml**

Mugler reckons this zesty new fragrance acts as a "performance booster" thanks to fresh, invigorating frozen mint and spicy white pepper.

**Palmer's Cocoa
Butter Formula
Men body and
face moisturiser,
R39**

A rich yet fast-absorbing moisturiser enriched with nourishing, skin-softening cocoa butter, it also smells good enough to eat.

**Jean Paul Gaultier
Le Male Summer
EDT, R615 for
125ml**

Inspired by the concept of an urban jungle, Gaultier's new juice is a fresh, lighter version of the original. Grab your vines, gents!

**Piz Buin Active
long-lasting spray
SPF30, R175**

Listen up, runners: aside from being clear and absorbing within a matter of seconds, this water- and sweat-resistant sunscreen promises to really go the distance.

**Dove Men
Care Extra
Fresh roll-on
antiperspirant,
R15**

Sensitive underarms? Dove's new deos are tough on sweat but gentle on skin thanks to a formulation that includes a quarter hydrating ingredients.

**Yardley English
Blazer Sterling
EDP, R200 for
50ml**

Need a sophisticated scent that's light enough to wear on hot nights and days? This one fizzes with grapefruit, peppery freshness!

POWER Shower

Toss that soap-on-a-rope and scrub up with our pick of super-sophisticated shower and shave products. These overachieving multi-taskers will save you money and time!



Vaseline Men Even Tone Expert blemish control face wash, R40

This contains tiny granules to help exfoliate your face and reveal fresher, brighter-looking skin while bacteria-busting ingredients put the brakes on any spots.

Crabtree & Evelyn West Indian Lime shave cream, R250

We dig the awesome old school-looking metal tube, but like its luxurious vitamin E-enriched formula and invigorating scent even more!

Dove Men Care Aqua Impact body & faceshower gel, R27

Gentle enough to cleanse your face as well as your body, this promises to leave you feeling fresh and clean without over-drying your skin.

Nivea for Men Sport 3-in-1 shower gel, R26

A shower gel and gentle shampoo, it creates just enough of a lather to work overtime as a shaving gel too. The sporty fragrance will make you smell great too.

Elemis Ice-Cool foaming shave gel, R315

Aside from feeling super-cool, it's formulated with soothing botanical extracts to help defend your skin against the redness and irritation caused by razor burn.

Neutrogena Men Razor Defense face scrub, R65

Gentle enough to be used daily, this helps prevent ingrown hairs and softens up stubble for a quick, easy shave

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SHAVING AFTER A HOT SHOWER, NOT BEFORE.
THIS GIVES YOUR BRISTLES TIME TO SOFTEN UP
SO THEY'RE MUCH EASIER TO CUT**

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DOWN? SHOWER STRAIGHT
AFTER EXERCISING...
SWEAT IRRITATES THE
SCALP AND CAUSES
ITCHING**



Kiehl's Cross-Terrain All-In-One Refueling Wash for body and hair, R229

Dry, sensitive skin? This refreshing menthol and citrus-infused wash contains hydrating coconut and soothing aloe vera.

Placecol 4Men face wash, R110

This smells fresh and does a great job of gently cleaning your skin thanks to a blend of hydrators and non-irritating natural cleansing agents.

Nimue Man Cleanse Phyto-Gel face wash, R309

Thanks to an infusion of AHAs, this ph-balanced cleanser will assist in dissolving away dry, dead skin while antioxidant vitamins A and E give free-radicals the boot!

Dermalogica Close Shave oil, R285

Just a few drops create a comforting barrier between your razor and your skin, to ensure a smoother, closer shave.

Clear Cool Sport Menthol anti-dandruff shampoo, R38

Dandruff is no big deal if you've got a good anti-dandruff shampoo. This gives flaky, greasy scalps a run for their money while tingly menthol soothes itching and dryness.

The Body Shop For Men Macca Root Razor Relief, R99

This bestseller helps soften your bristles for a smoother, easier shave while soothing aloe extracts help prevent razor bumps and redness.

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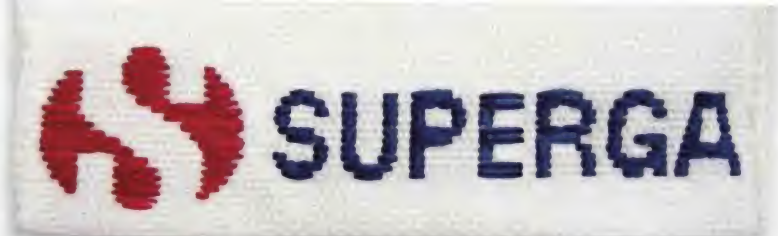
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Become a superstar!
From the comfort of your couch! Fame is a click away!



FAMOUS FROM HOME!

Thanks to the advent of the digital age, DIY has never been easier... including DIY fame and fortune. So stick it to the middle man and make yourself a superstar from the comfort of your couch!

Fancy yourself a bit of a filmmaker? Or the next SA Idol? Or perhaps you have fantasies of making it big, EL James style, with a trashy novel?

Well, you're living in the right era, buddy! With online technologies and platforms expanding at a rate of knots, now is the time to make your creative dreams come true. With little more than a laptop, you can turn your spare room into a real, rocking, money-making home studio... and before you know it, find yourself walking down a red carpet with a supermodel on your arm! Here's how.

GOING FOR A SONG!

Making a killing, quitting your day job and appearing on festival stages around the world is not an impossible dream! Andrew Sutherland (aka Android Lime) is a producer, composer, multimedia artist and DJ who's headlined in Japan and Italy and opened for the legendary Gary Numan – all with tracks made, mixed and mastered in his home studio! *FHM* speaks to Andrew about how he gets his music from his home into the world!

Andrew, what have been the pros and cons for you of DIY music production?

There haven't really been any cons! I think if you're willing to learn and put in the time, you can do anything, without the need for a "professional" studio. There is very little difference between what I use at my work studio and my home studio. Technology makes it incredibly easy, to the point that all you need to make electronic music is a laptop, headphones and a little bit of know-how.

How has home production changed during your time in the industry?

There are many more people doing it, due to its accessibility. In the past I had

“There is very little difference between what I use at my work studio and my home studio”

DJ ANDROID LIME'S TOP TECH SITES FOR HOME MUSIC MAKING!

Izotope.com

A full house of products that cater to anybody's production needs.

Native-instruments.com

Highly innovative software and hardware for production and DJ-ing. The great thing about a company producing both hardware and software is that integration between the two is seamless.

ikmultimedia.com

Manufacturing the iRig range of products, IK Multimedia caters well to the musician on the move. If you're touring and in need of a mobile studio check these guys out.

Bandcamp.com

Sign up for a free account and get your music out there! Not only can you share your new song with an international audience, but if they like what they hear they can buy the track too. You can give away your song for free, name a price or ask your audience to pay what they think it's worth. The great thing is that you can sell both digital and physical items, so it can become a one-stop merch shop.

Soundcloud.com

Another music sharing site, this has a strong interactive element. A very cool feature is their timed comments function, which aligns commentary by your listeners to a point in the song. This is useful if you want to share your music within a closed group, like your band, for criticism.

UJAM.com

Can't find a band that meets your needs? Let UJAM fill in the backing track – all you need to do is upload your vocals. Great for solo artists or if you have no time for weekly band practices and jam sessions.



to email DJs on how to use certain programs, now I find tutorials on YouTube.

Tell us about your set-up.

When I was doing hard techno it was all hardware except for drums, vocals and industrial elements, which were samples or audio recordings I'd made. I used the Roland JP8080 and Logic's FM synthesizer. I also used the Blofeld synthesizer, which I bought because it was small and powerful. My newer dub-step stuff is pretty much all made solely using software. I use Massive and FM8. FM8 is a good example of software replacing hardware because you can now load the sound banks. My original FM synthesizer was a Yamaha dx7 into the FM8 software plug in.

THAT'S A WRAP!

The red carpet dream is getting ever closer! Dropping technology prices (although still nothing to be sniffed at, they were once prohibitively high) are making home movie production easier and easier. SA filmmaker Karlind Govender has extensive video production experience and has written, produced and funded his own film, *Anatomy*. He talks to *FHM* about what it takes to make a living making movies.

The entire post-prod process can be done at home"

Hi, Karlind! What are the challenges of DIY film production?

It's very time-consuming, so it can be difficult to find time to work on your own projects. It can also still be expensive. I would've liked to have started making my own films

ten years ago, but I couldn't even get a loan to buy a computer back then!

How has home production evolved in the last decade?

Significantly! The entire post-production process can be done at home, provided you have the right software

and hardware. I think the digital age has simplified home production immensely.

What hardware and software do you recommend?

Apple Mac for any computer needs. Software wise, Final Cut Pro X and Adobe's post-production tools.

EVERYTHING YOU NEED TO MAKE MOVIES FROM HOME!



iMac 27" 3.1GHz

Size matters! With a 2TB hard drive, 4GB of ram and a massive 27" backlit screen, editing and postproduction is a pleasure. Comes with two Thunderbolt ports for the fastest data transfer around. Great when downloading footage from a camera or copying to an external drive. A large screen is essential for viewing your timeline, preview windows and plug-ins.

R21 799, digicape.co.za



Final Cut Pro X

Postproduction software that makes full use of Mac's OS X, resulting in fast operating speeds and great quality. Also makes postproduction workflow intuitive and fluid.

Approximately R2 400, apple.com



Black Magic Cinema Camera

The one and only Thunderbolt-equipped camera for the fastest capturing of raw video and audio. The 2,5" solid state drive (SSD) makes data storage stable and transfer speeds fast. On a 480GB you can record up to 5 hours of footage.

Approximately R27 000, blackmagicdesign.com

Shortfilmcentral.com

Focuses specifically on short films and offers filmmakers a platform to promote and distribute their work.



Blip.tv

Set up as a platform to host and promote web series, this is great for viewing and sharing webisodes. A big draw card for producers is Blip's 50/50 revenue sharing between content generators and themselves.



Sony HDR-TD10

One of the best compact, full-HD 3D cameras around! Shoots in 2D and 3D, storing footage on a built-in 64GB flash memory drive. Uses dual wide-angle G lenses, so you won't miss a thing, and images captured are fantastically sharp.

R13 000, mycamera.co.za

KICK STARTER

Kickstarter.com

High on creativity and low on finances? Look into raising the capital through crowd funding. A site like Kickstarter (the world's largest funding platform) is a great way to raise money to record your album or pay for CD or vinyl pressings. Decide how much money you will need to finance your creative output, and come up with rewards for incremental pledges. The average project on Kickstarter raises under R100 000.

Once a film is made, how do you recommend promoting it?

Embrace online platforms like Vimeo and Youtube. Also, take charge and organise screenings and submit your work to film festivals around the world.

HOW TO MAKE A SHORT FILM

Dr Alexia Smit, a lecturer in film at UCT has these top tips for producing a short film.

KEEP IT SIMPLE Don't try to cram too many storylines into your film. Focus on one protagonist with one clear goal. There are exceptions, but generally limiting yourself to a simple story will make your film powerful and engaging.

HAVE A GOOD SCRIPT The challenge is to communicate a lot of info in a very limited amount of time.

BENOVEL Like a good book, the first few moments of a short film are crucial.

KEEP IT SHORT Avoid anything longer than 10 minutes. The shorter your film, the more likely it is to be distributed. Remember that online viewers have short concentration spans.

THE WRITE WAY UP!

Got a story to tell, photos to share or a stack of jokes that the world simply has to hear? Self-publishing could be your ticket to getting it out there! It's opening doors that were once fiercely guarded by literary agent middle men and only ever opened to a privileged few. Self-publishing may still be viewed by the old-school literary world as not the real deal, but if you're just starting out and don't have the time or money to spend on getting your work even looked at by agents, it can be an effective way of

AUTHOR BEN KNOX'S TIPS FOR SELF-PUBLISHING!

FIND A GOOD EDITOR

This is one part of the publishing process that hasn't changed.

TAKE YOUR TIME There is the temptation to rush, to get your work out there as fast as you can. Don't. You only get one shot to make a first impression!

EXPERIMENT Try to do something a little different. This applies to the content you write as well as the technologies available.

KEEP AT IT Learn to take criticism and prove the nay-sayers wrong by putting just as much effort into it, if not more, than a major publisher would.

reaching your potential audience directly. Benjamin Knox, a self-published, US-based horror writer (whose sci-fi thriller *Thread* is enjoying some serious success and available on amazon.com) talks to *FHM* about creative control and avoiding vampires.

Hi Ben! Why DIY publishing?

The benefits and pitfalls depend on what you want, and why you're writing in the first place. If it's major fame and adulation you're after,

“Snooki from *Jersey Shore* got a book deal with a major publishing house, so quality control... really?”

then a big publishing house contract is probably more your speed. If however, you want full control over content and creation, then going “indie” may well be for you.

For me personally, the benefit is that I get to work on everything: cover design, interior art, editing, formatting. It's a challenge to learn new skills but I like being able to control every aspect of how my work reaches the reader. I also don't have money men saying things like, “Add more vampires, vampires are really hot right now”. I can write the stories I want to write. The type of stories I like to read.

What about quality control?

People often resist home/ indie publishing in all its forms (music, books comics, film, etc) with the quality control argument. The public generally sees big publishing houses as gatekeepers for quality and thinks that without them, there'll be loads of rubbish everywhere and it'll become difficult to find good work. This isn't

true. After all, Snooki from *Jersey Shore* got a book deal with a major publishing house, so quality control... really? I don't think so!

How has the digital age impacted home publication?

Hugely! It allows creative people to largely cut out the middleman and allows readers to find their work more directly. It puts the power in the readers' hands rather than a large company concerned with what will sell (like teen-vamp fiction).

WHERE TO GET PUBLISHED

Authonomy.com Run by HarperCollins, this is an online community of writers where you can upload your writing for comment, with the possibility of publication. Also includes a useful section on writing tips.

Goodreads.com Great for promotion. Check out their author program aimed at helping writers to reach their target audience.

Kindle Direct Publishing Self-publish on the Amazon Kindle Store! Once uploaded, your book is available for purchase. Also check out Kindlebooks SA – preference is given to SA authors! Visit kdp.amazon.com and kindlebooks.com

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CHAT-UP LINE GENERATOR

Spied a lovely lady by the pool? Not sure how to approach her? Fret not, tongue-tied man. Pick three random numbers between one and 10, match them to columns A, B and C respectively and wait as the object of your desire falls into your arms!

A

B

C

1

I've been secretly following you for days now, and...

... you remind me of a young Dusty Springfield. Or an older Justin Bieber.

So why don't you come to Nando's with me? Bring some money.

2

Hey! I've just drunk three bottles of wine **burp** and...

...I noticed you look as wretchedly lonely as I feel.

Can you tell your friend I like her when she's back from the bogs?

3

I don't normally walk up to girls, the judge said I'm banned, but...

...you look like my ex, who I miss very, very, very much. **sigh**

Wait: is that your perfume or did I fart by mistake?

4

Hello! Guten tag! Aloha! Bonjour! Shalom! But seriously...

...perhaps you've heard of me, the name's DiCaprio.

Would you like to come and watch me have a bubble bath?

5

God just shouted in my brain that I should come over and say this:

...I have a reasonable penis with your name on it.

I expect you find me repulsive, however, so I'll just leave... **sob**

6

Usually, I find girls of your size and build quite terrifying, but...

...I feel like we've met before, perhaps in some wonderful dream.

So please, let's get married. And then do it like angry dogs.

7

Hey, I just met you and this is craaaazy, but...

...your dad must be a thief because you've stolen my sex jewels.

Take my number, okay? It's 082 5-E-X-Y-A-S-S.

8

By the savage loins of Beelzebub...

...I would very much like to see your lovely lady bits.

Such a shame that I've only got 20-45 minutes to live...

9

I can see you're very busy - being *dead hot* - but...

...I think you like me loads. Look at my amazing body!

What I'm trying to say is... I love you. Like a brother. A nude brother.

10

Please don't scream and flee like all the others, but...

...I bet you R300 that you can't withstand an entire date with me.

Now buy me a drink and I'll let you touch my knee, all slapper-like.

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The interweb is a
wealth of potential
hook-ups! Navigate the
sometimes perilous
virtual playground
with *FHM's* guide to
getting lucky online!

ONLINE ACTION

SATISFACTION



Social media is a bit of a conundrum: it gives us access to an infinite number of mating options – many of them hot – who, just like us, are putting their best feet forward in an effort to get

what (let's face it) most of us are after: premium sex. And, if we're very lucky, someone to love. On the other hand, Facebook, Twitter and their infinite kin allow us to create pseudo versions of ourselves. We can carefully filter any photos in which we don't look dazzlingly hot, we can look like we're having the time of our lives every weekend, we can be as brazen as we like... even if we're average-looking, a bit boring or tragically awkward in real life.

The good news is that despite all this, you can still get action online! But be warned: you don't always get what you click on. Which is why we've put together these valuable pointers to help keep your feet on the ground while your head – and heart – are in the cloud.

DON'T TRUST A PROFILE PIC



Perving over someone's Facebook albums is standard stuff. Especially if you're back-and-forth-ing with suggestive texts. Always keep in mind, though, that many are heinously deceptive when it comes to their online profiles. Meet them in real life, having promised them the romantic (or, sexual) world, and suddenly you're trying to escape a beast that looks like they ate the pretty girl in the picture. It doesn't really make sense, being dishonest about your looks. Because, if you ever *do* meet someone as a result, they will quickly realise and think you're



a stinking liar! Choose flattering photos, yes, but make sure they at least resemble you somewhat.

PEOPLE ARE BRAVE ONLINE

Which is a nice way of saying, human beings are rampant liars. It's easy to be bubbly, confident, outlandish and into kinky stuff when no one can see the sweat rash on your nine chins. The reality is, people are often insecure and awkward. Safely hidden behind the virtual veil, they'll be into the idea of that super-hot session one of you suggested. And they'll mean it... until they're in front of you, and can't make eye-contact. No matter how drastically social media has changed the world, millions of years of brain-foiling human evolution still kick in as hard as ever when eye-contact, insecurity and pheromones meet!

GO "REAL WORLD" FAST

Unless you're both happy having harmless, flirty, virtual fun it's best to meet in person as soon as possible. The more you reveal your inner-most secrets, get all porno and raise your romantic hopes, the greater the disappointment will be when one of you turns out to be

nothing like they seemed online. So, after a suitable period of sexual-tension building, suggest meeting. If it's good, let it be good soon. If not, best to find out and move on.

KEEP IT LOCAL

Yes, love knows no borders and sees no colour and all that. It's not that long distance can't work. But why look for love so far afield? What if it does work? Then someone has to uproot. Or, you end up with an impossible love situation that could haunt you forever, rendering you unable of hearing an Adele tune ever again without crying like a Premier League footballer who almost got tackled. Or, maybe you import someone (or travel far from home) and spend a week feeling as awkward as Father's Day



at Steve Hofmeyr's house. Start with people in your province, if you can.

DON'T BE AN IDIOT

People have feelings. We all want love, and (whether or not we'll admit it) to get laid. But you're usually dealing with humans on the other end of the screen. Humans that might be heavily investing in what you write. If you're in it for shits and giggles, say so. Don't pretend you're developing deep feelings if you aren't. The alternative always backfires. You get caught, eventually, and someone gets hurt. Just like real life.

THINK BEFORE YOU PHOTOGRAPH YOUR GEAR

You'll be amazed (or you already know and are about to nod in sage agreement) how quickly you'll wanna whip out your junk and send someone a sexy (and possibly, deeply disturbing) photo. Especially if you've already received one. Thing is, that might not really be the person you're talking to. But they will really have pics of you, a virtual stranger, in all your glory. Or, lack thereof. Plus these pics can come back to haunt you later in life (see our story on page 28!) and properly bite you on your naked butt. Here's a solution: don't include your face and your meat-and-two-veg in the same photo. Until you've actually met, she can have the face, or the junk. But not both.



**RESIST THE
URGE TO SEND
SEXY, NAKED
PICS! THEY'LL
COME BACK TO
HAUNT YOU...**

SKYPE IS USEFUL

Much more goes into chemistry than being good at sexy messages. Mannerisms, accents and pitch of voice all count towards determining whether there's a spark. If you're not able (or keen) to meet in the real world just yet, try Skype. Video's good for evaluating the vibe, and it's easier to get out of than surprise-visiting the "love of your life." Who turns out to have all the sex appeal of a sea bass, with none of the spontaneity. If things do go well, but you're unable to get together for whatever reason, it can be a lot of fun to pass the time until real-world uglies can be bumped. ★



YOU WIN SOME...

South African Leonard Mead met his American wife Melissa online in 1999. Today, their fourth kid is almost six. It started when he posted an angry rant on a then-popular bulletin board forum about how women and men see each other. "I wrote about my frustrations as a South African working in Europe. How women focus on earning potential and all that," says Mead. "I received a slap-around-the-head email response from a woman in the States. Essentially she told me to sort out my own head and worry less about other people. By the second email, I knew I was going to marry her. I'm not esoteric or weird or anything, but I just knew."

Leonard reckons 100% honesty and accurate representation were keys to their real-world success. "I was totally honest from the start. Two months after we 'met' online, we were ready to meet. I couldn't travel due to work, so she came and met me in England. I remember waiting in Manchester airport, thinking, 'If this person turns out to be someone other than the person I've been mailing, I'm gonna throw these flowers in the bin and just walk off.' We might have both sent somewhat flattering pictures over email, but this was really her. After five months, we were engaged and five months after that, married. We moved back to SA, and had our first child in October 2001. Our fourth child is now five and a half."

...AND YOU LOSE SOME!

Our mate, who we'll call Neville, spent a year blissfully dating the "woman of his dreams" online. In 2007, he went to Dallas to meet her. Being stood up on their first date cost him a heartbreaking R30k! Neville tells us how:

Flight to Dallas: R12270

"I arrived in Dallas on 21 December 2007, and landed back in Jo'burg on 31 December 2007."

Taxis: R840

"I travelled to the hospital where she was supposed to be after the 'accident' that kept her from coming to meet me at the airport." [One of her friends texted Neville saying his "girlfriend" had been in an accident. There was no such patient at the hospital.]

Hotel stay: R3360

"I spent three nights at a really pricey hotel. She made the bookings for me."

Flight from Dallas to Chicago (return): R4200

"At least I had a mate in Chicago who I could crash with for a while!"

Phone bill: R6995

Incidentals: R1500

"Between internet cafes, food, drinks and long-term parking, I notched up some additional expenses!"

Months later, Neville's online "girlfriend" mailed him to apologise for his cross-continental ordeal. She didn't send him the thirty grand, though. Be warned!

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NOW'S YOUR CHANCE TO SAY GOODBYE TO TIRED, STRESSED SKIN FOREVER
WITH NIVEA FOR MEN'S SKIN ENERGY INSTANT EFFECT Q10 RANGE!



Spring has sprung and it's a great time to give your face and grooming routine a makeover! THE NIVEA FOR MEN Skin Energy Instant Effect Q10 range should become your bathroom cabinet staple this season. Combining Co-enzyme Q10 and Creatine, the formula that gives these products their punch is

like an energy drink for your skin! Treat tired skin around your eyes to the Eye Roll-on and look instantly, visibly refreshed! Enter now and win one of 98 awesome NIVEA FOR MEN Skin Energy Instant Effect Q10 hampers worth R510, including: Face Wash, Shaving Gel, Double Action Balm, Moisturiser, Moisture Gel and Eye Roll-on!

HOW TO ENTER!

To win a brilliant all-you-need hamper from NIVEA, simply **SMS NIVEA+YOUR NAME+EMAIL ADDRESS** and the **ANSWER** to the question alongside to **33440***. SMS charged at R1,50.

QUESTION

The NIVEA FOR MEN Skin Energy Instant Effect Q10 range of products contains the skin-boosting super ingredient called: **creatine** or **creosote**?

Who is she?

From: Jo'burg

Age: 23

Occupation: Opening
a family fashion
business!





THE OCTOBER FHM

Girlfriend

Smokin' Simone Da Silva

loves burgers, beer and her Xbox. And that's why

we love her (that and these photos!)

FHM girlfriend



PHOTOGRAPHS: BRETT RUBIN. STYLING: NICOLE VAN HEERDEN. HAIR & MAKE UP: SARAH BLATCHER
CLOTHING: LA SENZA, MANGO, EUROPA ART, GUESS, ELEMENT, SPECSAVERS



Simone dearest, you look very at home in *FHM*'s pad! What is your favourite lounging-around-the-house outfit?

That would have to be my huge fluffy dressing gown. I absolutely drown in it but comfort is key!

What would the perfect stay-at-home date with *FHM* be?

DVDs, popcorn and chocolate, on a big, comfy couch.

Are you more a champagne-and-oysters, or burgers-and-beer type?

Definitely burgers and beer! Anything involving burgers and I'm in! My ultimate dinner would be a cheeseburger, chips and a chocolate. Yum.

Would you be prepared to play Xbox with us for seven straight hours?

Absolutely. I'd be pretty happy just watching a game of *Medal of Honor*... that sort of thing keeps me entertained for hours on end!

What other games might we play?

Cheeky! I love war games because they feel a bit like playing in history. Otherwise I enjoy some of the girly games like *Crash Bandicoot*, *The Sims*, or even *Harry Potter*. I'm like a kid when it comes to my Xbox!

Our other girlfriends have had a disturbing love of reality TV shows involving cooking. Please tell us you are into *Shameless* or *Californication* rather?

I am an absolute sucker for reality shows, but yes, I do like a little *Californication*.

What about your romantic music tastes?

Not sure if my music tastes are so romantic, but if I have to choose, some Jack Johnson or anything acoustic.

Favourite movie?

There are way too many to choose from, but probably *Anchorman*. It has me in hysterics every time!

We recently read a book. It was great! Do you read books?

I do! I've been reading ever since I could.

Have you read *Fifty Shades of Grey*?

I'm reading it right now! It's interesting, to say the least.

Is there a place in our relationship for light spanking?

Only if you're spanking yourself for not bringing me a burger!

And talking dirty?

Maybe... if you're talking about doing the laundry for me.

We can't cook. Can you?

I recently started testing my skills in the kitchen, and I have to say that I think I'm on my way to becoming a gourmet chef!

We can however, mix a mean cocktail.

What are you having?

Strawberry daiquiri, please!

Coming right up! How do you feel about shooters? We've had some bad experiences ourselves...

Good in moderation!

What are your thoughts on socks in bed?
Depends what your toenails look like...

**WANT TO
BE AN FHM
GIRLFRIEND?**

ARE YOU A GIRL?
ARE YOU CUTE AND FUNNY?
DO YOU LOVE ROMANTIC
PICNICS IN THE PARK?

Then why not apply right now to be an *FHM* Girlfriend? We're not searching for wannabe glamour models with glow-in-the-dark orange faces and inflatable boobs — we want to meet the coolest, sexiest girls in South Africa — and shoot the very best for the magazine.

The rules:

You must be 18 years old or over and you must own the copyright to your pics. Our advice would be to find someone who knows what they're doing to snap a few quality, sexy pictures of you.

GOODLUCK!

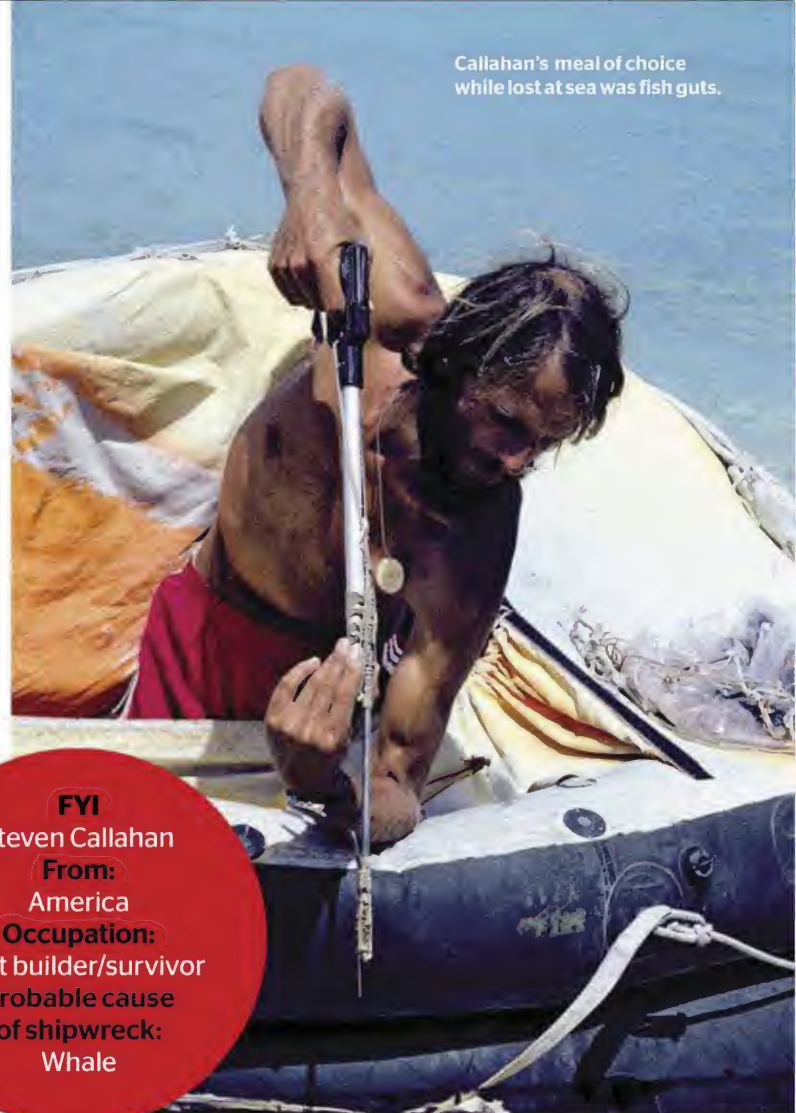
It's simple to apply:

- 1 Get some sexy pics taken
- 2 Head to the *FHM* Facebook page
- 3 Load your best shot to *FHM* Girlfriend
- 4 Cross your sexy fingers

Each month *FHM* will offer a girl the chance to become an "*FHM* Girlfriend" by sending us their photo. The photos will be judged by a panel of *FHM* staff and the editor, who will choose one girl per issue to take part in an *FHM* photoshoot with a top *FHM* photographer and to have their photos published in the magazine or our website. If you are sending a photo on someone else's behalf, you must get permission from them before you do so and must also make sure that they consent to the use of this photo in *FHM* magazine and on our website. Full terms and conditions are at fhm.co.za. *FHM* reserves the right to cancel or amend this promotion at any time and without notice.

TRUE STORY

“Water came rushing in. I was freaking out, thinking: ‘You’re going to die, you’re going to die’”



FYI
Steven Callahan
From:
America
Occupation:
Boat builder/survivor
Probable cause of shipwreck:
Whale

This month:
Lost at sea!
How Steven Callahan's life-long dream of a solo Atlantic crossing turned into an epic nightmare.

I'd been up a while and decided to get some rest – when you're sailing single handedly you're awake half the night, awake half the day and napping when you can – so I went to lie down for half an hour or so.

Then, in the middle of the night, I heard a massive bang. It felt like a collision on the leeward side, and all this water came rushing in. It was like one of those World War II films where the submarine's sinking and they haven't closed the hatch yet. I was totally freaking out, thinking: “You're going to die, you're going to die” but there was a part of me that somehow overcame the panic and the fear, enabling me to act in a fairly logical fashion. The water was coming up very

fast, so I scrambled up on deck, got the life raft free, inflated it and bailed out.'

ADRIFT

I knew where I was: pretty much dead, smack in the middle of the Atlantic Ocean. The winds and the currents would eventually take me to the Caribbean, on a fairly steady basis, but that was months away and I only had eight pints of water, which I figured would last me about eight days at the most. I would have run out long before I'd reached the shipping lanes.

I wasn't all that hopeful. I figured my chances of getting out of this thing were really, really slim, but I gave myself some purpose. If I just hung on for one day, that would bring me a day closer to salvation. I tried not to focus too much on thoughts

like, “Oh my God, I've got to cross 2 000 miles of ocean before I'm saved.”

I tried to normalise life as much as possible, to find humour in things, to get up in the morning and do exercises, to keep a log, navigate, to do all the things I could still do relatively normally. It took me a couple of weeks to figure out how to produce drinkable water and catch fish.

The dorado started showing up on day three. They're big, powerful fish that swim at speeds of up to 50 knots. I was very conscious of fishing on an inflated raft with a spear. It was risky every time I caught a fish. Then, on the 43rd day, I speared a dorado and it broke the shaft off the spear and ran it into the bottom tube, causing a puncture. I now only had a couple of inches of free board above the

waves, so I was wet virtually all the time and developed hundreds of salt-water sores all over my body.

Moving around in the raft was like walking in rubber quicksand. The fish were biting at my legs through the fabric of the raft, and I was worried about sharks grabbing hold of me. It took me about 10 days to figure out a fix for that. I just collapsed towards the end of that process and thought: "This is it, I just can't do it any more" but the fear and the realisation sunk in that the edge was right there, so it inspired me to buck up for one last time.'

RUBBER DUCKY

'My raft was called "Rubber Ducky" and I was the Mayor of Duckyville. Everybody needs companionship; for me it was the fish. I got to know a lot of them as individuals, and I always looked at it as a love-death relationship, where I really honoured them, and yet I had to kill them. [Steve was able to fix his fishing spear with basic supplies.] It was a bit like living with cherished pets and having to kill one once in a while to survive.

Fresh fish liver to me, by the end of the voyage, was dessert; the eyes were these little fluid nuggets, like a cold

soup. I wasn't too interested in the flesh; it was more the organ meats, especially the roe that was in the females. I was eating the stuff because I had to, yes, but I was actually really looking forward to all the fresh fish guts. I lost about a third of my weight.'

LAND AHOY!

'On the 75th night I saw these faint glows in the sky. I thought that maybe it was a fishing fleet on the horizon. Then, I saw the definitive loom of a lighthouse. When I woke up in the morning, I was only about five to ten miles from land. I started hearing this engine and these guys

came out to find me. It's the logical end of the fish story, because these dorado had been my sustenance, had been my friends, had almost killed me, and now they had brought me my salvation. The fishermen came out to find the fish and found me. I'd made it, and only because of these fish.' ★

“The fish were biting my legs through the fabric, and I was worried about sharks”



Callahan's ordeal resulted in him coming up with a better design for liferafts.

WHAT HAPPENED NEXT

01 Despite having lost most of his muscle mass, Callahan repaid his rescuers by helping them to fish, living with them on the island of Marie-Galante, south-east of Guadeloupe.



02 After a few weeks, the survivor was well enough to return home. But instead of hopping on the first flight back to the States, he hopped aboard a series of small boats and made his way up through the West Indies.

03 Amazingly enough, Callahan's incredible survival experience didn't put him off sailing. The very next year, he took part in a single-handed race to Bermuda. He has since successfully crossed the Atlantic Ocean.



04 Callahan has since designed a life raft with a fibreglass bottom and a sail, so that survivors wouldn't have to rely on the motion of the ocean to help them reach land safely.

**GREAT
SEXY
MOMENTS
IN LIFE
#05**



A pretty gamer girl

A sexy girl lends a certain “*je ne sais bloody hell!*” to the whole gaming experience. Need convincing? Meet anthropology student, Emily Morgan, 22.

Hello Emily! Seems you're quite into your gaming?

Games have a sense of nostalgia about them. They remind me of being a kid and having fun! I like old school ones like *Mortal Kombat* and *Super Mario*.

We like your Wii. Do you play much?

Yes, I play it all the time. I'm good at Wii bowling, and I love Wii tennis. I've got good wrist action.

Do you prefer to play by yourself, or with a friend?

I like to play with friends – I won't really turn on a game when I'm by myself, but with friends it's fun.

And is this your usual gaming attire?

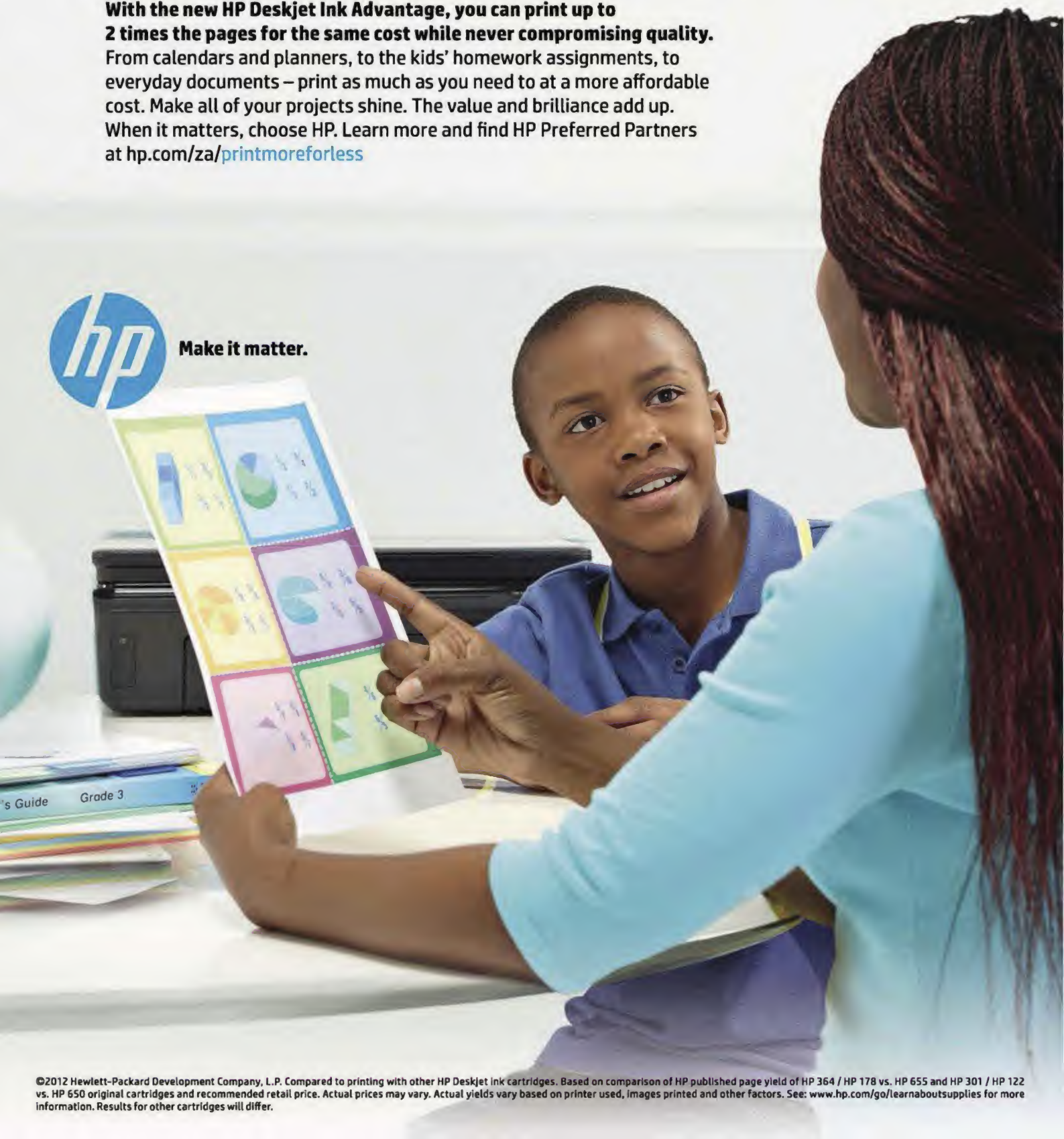
I like to be comfortable. With bowling, things can get a little bouncy, but it's a risk I'm willing to take... in the name of video gaming. ★

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